

FAMILY YMCA OF THE GLENS FALLS AREA  
POOL SCHEDULE - Winter 2 2019

	Monday						Tuesday						Wednesday						Thursday								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
5:00 AM																											
5:30 AM																											
6:00 AM	Water Walk	Adult Swim	Lap Lane	Lap Lane	Lap Lane	Lap Lane																					
6:30 AM							Water Walk	Lap Lane	Lap Lane	Lap Lane	Lap Lane	Lap Lane															
7:00 AM																											
7:30 AM																											
8:00 AM							Swim Lessons																				
8:30 AM							Water Workout																				
9:00 AM	Water Workout						Water Workout						Water Workout						Water Workout								
9:30 AM	Water Workout						Water Workout						Water Workout						Water Workout								
10:00 AM	Water Workout						(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	Lap Lane	Lap Lane	Water Workout						(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	Lap Lane	Lap Lane			
10:30 AM	Water Workout												Water Workout														
10:45 AM	Water Workout												Water Workout														
11:00 AM	Aqua Rehab		Lane Lane	Lap Lane	Lap Lane	Swim Lesson	(D) Advance Aqua running	(D) Advance Aqua running	(D) Advance Aqua running	(D) Advance Aqua running	Lap Lane	Lap Lane	Aqua Rehab		Lap Lane	Lap Lane	Lap Lane	Swim Lessons	(D) Advance Aqua running	(D) Advance Aqua running	(D) Advance Aqua running	(D) Advance Aqua running	Lap Lane	Lap Lane			
11:30 AM	Aqua Rehab						Water Jog	Water Jog	Water Jog	Water Jog			Aqua Rehab						Water Jog	Water Jog	Water Jog	Water Jog					
11:45 AM	Aqua Rehab												Aqua Rehab														
12:00 PM													Aqua Rehab														
12:15 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Swim Lesson	Swim Lesson	Water Walk	Swim Lesson Shallow Only	Lap Lane	Masters	Masters	Masters	Water Walk	Water Walk				Swim Lessons	Water Walk	Swim Lesson Shallow Only	Lap Lane	Masters	Masters	Masters			
12:30 PM																											
1:00 PM																											
1:30 PM																											
2:00 PM	Senior Aqua Fit						Senior Splash						Senior Aqua Fit						Senior Splash								
2:30 PM	Senior Aqua Fit						Senior Splash						Senior Aqua Fit						Senior Splash								
2:45 PM	Senior Aqua Fit						Senior Splash						Senior Aqua Fit						Senior Splash								
3:00 PM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Family Swim	Swim	Aqua Fit						Swim	Water Walk	Lap Lane	Lap Lane	Lap Lane	Family Swim	Swim	Aqua Fit						Swim	
3:30 PM							Aqua Fit														Aqua Fit						
3:45 PM							Aqua Fit														Aqua Fit						
4:00 PM							Swim Lessons	Swim Lessons	Swim Lessons	Lap Lane	Lap Lane	Family swim							Swim Lessons	Swim Lessons	Swim Lessons	Lap Lane	Lap Lane	Family swim			
4:30 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Team	Swim Team	Swim Team							Swim Lessons	Swim Lessons	Swim Lessons	Swim Team	Swim Team	Swim Team									
5:00 PM																											
5:15 PM																											
5:30 PM							Water Walk	Water Walk	Lap Lane	Lap Lane	Family swim																
6:00 PM																											
6:30 PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team							Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team									
6:45 PM																											
7:00 PM																											
7:30 PM																											
8:00 PM	Masters	Masters	Masters	Swim Team	Swim Team	Swim Team							Masters	Masters	Masters	Swim Team	Swim Team	Swim Team									
8:30 PM																											
8:45 PM							Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim																
9:00 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim	Swim							Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim	Swim									
9:30 PM																											
9:45 PM																											

Water Workout 9am-11am  
Aqua Rehab 11am-1:00pm  
Senior Aqua 2pm-3pm  
Swim Lessons 4pm-6:30pm  
Swim Team 5pm-8:30pm

Water Workout 9a-10a  
Advanced Aqua Running 10a-10:45a  
Deep Water Jogging 10:45a-11:30a  
Senior Splash 2p-3p Aqua Fit 3p-4p  
Swim Lessons 4p-5:30p  
Swim Lessons 6:30p-8:30p

Water Workout 9am-11am  
Aqua Rehab 11am-1:00pm  
Senior Aqua 2pm-3pm  
Swim Lessons 4:30p-6:30p  
Swim Team 5pm-8:30pm

Water Workout 9a-10a  
Advanced Aqua Running 10a-10:45a  
Deep Water Jogging 10:45a-11:30a  
Senior Splash 2p-3p Aqua Fit 3p-4p  
Swim Lessons 4p-5:30p  
Swim Team 6:30p-8:30p

EFFECTIVE DATES: March 18th, 2019 - March 24th, 2019

SCHEDULE IS SUBJECT TO CHANGE

FAMILY YMCA OF THE GLENS FALLS AREA  
POOL SCHEDULE - Winter 2019

Friday							Saturday							Sunday						
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
5:00 AM						YMCA CLOSED							YMCA CLOSED							
5:30 AM						YMCA CLOSED							YMCA CLOSED							
6:00 AM	Water Walk	Adult Swim	Lap Lane	Lap Lane	Lap Lane	Lap Lane	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Water Walk	Adult Swim	Lap Lane	Lap Lane	Lap Lane	Lap Lane	
6:30 AM																				
7:00 AM																				
7:30 AM																				
8:00 AM																				
8:30 AM																				
9:00 AM	Water Workout																			
9:30 AM																				
10:00 AM	Advance Aqua Running						Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Water Walk	Water Walk	Lap Lane	Red Cross Lifeguard Course			
10:30 AM			Lap Lane	Lap Lane	Lap Lane	Lap Lane														
10:45 AM																				
11:00 AM	Aqua Rehab																			
11:30 AM																				
11:45 AM	Aqua Rehab																			
12:00 PM																				
12:15 PM																				
12:30 PM	Water Walk	Swim Lesson																		
1:00 PM																				
1:30 PM																				
2:00 PM	Senior Aqua Fit																			
2:30 PM																				
2:45 PM																				
3:00 PM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Family Swim															
3:30 PM																				
3:45 PM																				
4:00 PM																				
4:30 PM																				
5:00 PM																				
5:15 PM																				
5:30 PM																				
6:00 PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team														
6:30 PM																				
6:45 PM																				
7:00 PM	Masters	Masters	Masters	Masters	Masters	Masters														
7:30 PM																				
8:00 PM																				
8:30 PM																				
8:45 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim															
9:00 PM																				
9:30 PM																				
9:45 PM																				

**COLOR KEY**

- Lap Lane: lap swimming only (ages 13+).
- Adult Swim: lap swimming or water walking (ages 18+).
- Water Exercise Programs (register at front desk).
- Swim Lessons (register at front desk).
- Family Swim: recreational swimming for family & children.
- Swim Team/Masters: must register at front desk.
- Special Purpose Usage.
- Water Walking - Open water walk on your own

**Glens Falls YMCA Aquatics Contacts**

Aquatics Director: Matthew Halewski  
mhalewski@glensfallsymca.org / 518.793.3878 ext. 136

Head Swim Coach: Dennie Swan-Scott  
dsscott@glensfallsymca.org / 518.793.3878 ext. 307

- Water Workout 9a-10a
- Advanced Aqua Running 10a-10:45a
- Aqua Rehab 11a-1:00p
- Senior Aqua Fit 2p-3p
- Swim Team 5pm-8pm
- Swim Team 6a-9a
- Swim Lessons 9a-12:15p
- Lifeguard Course 2p-6p
- Lifeguard Course 9a-1:30p



**EFFECTIVE DATES: March 18th, 2019 - March 24th, 2019**

SCHEDULE IS SUBJECT TO CHANGE