

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																
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								(D) Advance Aqua running	(D) Advance Aqua running	(D) Advance Aqua running	(D) Advance Aqua running			
11:30 AM													Aqua Rehab		Lap Lane	Lap Lane	Lap Lane	Swim Lessons									
11:45 AM	Aqua Rehab						Water Jog	Water Jog	Water Jog	Water Jog			Aqua Rehab								Water Jog	Water Jog	Water Jog	Water Jog			
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															
12:30 PM													Water Walk	Water Walk													
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														
3:30 PM							Aqua Fit																				
3:45 PM							Aqua Fit																				
4:00 PM																											
4:30 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Team	Swim Team	Swim Team	Swim Lessons	Swim Lessons	Swim Lessons	Lap Lane	Lap Lane	Family swim															
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	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	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Masters	Masters	Masters	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team				
8:30 PM																											
8:45 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim	Swim	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim																
9:00 PM																											
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 11th, 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						5:00 AM	YMCA CLOSED					5:00 AM	YMCA CLOSED																
5:30 AM						5:30 AM	YMCA CLOSED					5:30 AM	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						6:30 AM																							
7:00 AM						7:00 AM																							
7:30 AM						7:30 AM																							
8:00 AM						8:00 AM																							
8:30 AM						8:30 AM																							
9:00 AM	Water Workout					9:00 AM																							
9:30 AM						9:30 AM																							
10:00 AM	Advance Aqua Running					10:00 AM	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						10:30 AM																							
10:45 AM						10:45 AM																							
11:00 AM	Aqua Rehab					11:00 AM																							
11:30 AM						11:30 AM																							
11:45 AM	Aqua Rehab					11:45 AM																							
12:00 PM						12:00 PM																							
12:15 PM						12:15 PM	Water Walk	Water Walk	Lap Swim	Lap Swim	Adult Swim	Swim Lessons	12:15 PM																
12:30 PM	Water Walk	Swim Lesson				12:30 PM							12:30 PM																
1:00 PM						1:00 PM							1:00 PM																
1:30 PM						1:30 PM							1:30 PM																
2:00 PM	Senior Aqua Fit					2:00 PM	Red Cross Lifeguard course																						
2:30 PM						2:30 PM																							
2:45 PM						2:45 PM																							
3:00 PM						3:00 PM																							
3:30 PM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Family Swim	3:30 PM																							
3:45 PM						3:45 PM																							
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5:15 PM						5:15 PM																							
5:30 PM						5:30 PM																							
6:00 PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	6:00 PM																							
6:30 PM						6:30 PM	Water Walk	Water Walk																					
6:45 PM						6:45 PM																							
7:00 PM	Masters	Masters	Masters	Masters	Masters	7:00 PM	YMCA CLOSED					7:00 PM	YMCA CLOSED																
7:30 PM						7:30 PM																							
8:00 PM						8:00 PM																							
8:30 PM						8:30 PM																							
8:45 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim	8:45 PM																							
9:00 PM						9:00 PM																							
9:30 PM						9:30 PM																							
9:45 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 11th, 2019 - March 24th, 2019
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