

**FAMILY YMCA OF THE GLENS FALLS AREA  
POOL SCHEDULE - Winter I 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							5:00 AM					Swim Team	Swim Team	5:00 AM							5:00 AM					Swim Team	Swim Team		
5:30 AM							5:30 AM							5:30 AM							5:30 AM								
6:00 AM	Water Walk	Adult Swim	Lap Lane	Lap Lane	Lap Lane	Lap Lane	6:00 AM							6:00 AM	Water Walk	Adult Swim	Lap Lane	Lap Lane	Lap Lane	Lap Lane	6:00 AM								
6:30 AM							6:30 AM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Lap Lane	Lap Lane	6:30 AM							6:30 AM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Lap Lane	Lap Lane		
7:00 AM							7:00 AM							7:00 AM							7:00 AM								
7:30 AM							7:30 AM							7:30 AM							7:30 AM								
8:00 AM							8:00 AM							8:00 AM							8:00 AM								
8:30 AM							8:30 AM	Swim Lessons						8:30 AM							8:30 AM	Swim Lessons							
9:00 AM	Water Workout						9:00 AM	Water Workout						9:00 AM	Water Workout						9:00 AM	Water Workout							
9:30 AM	Water Workout						9:30 AM	Water Workout						9:30 AM	Water Workout						9:30 AM	Water Workout							
10:00 AM	Water Workout						10:00 AM	(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	Lap Lane	Lap Lane	10:00 AM	Water Workout						10:00 AM	(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	(S) Swim Lessons	Lap Lane	Lap Lane		
10:30 AM	Water Workout						10:30 AM							10:30 AM	Water Workout						10:30 AM								
10:45 AM	Water Workout						10:45 AM							10:45 AM	Water Workout						10:45 AM								
11:00 AM	Aqua Rehab		Lane	Lap Lane	Lap Lane	Lap Lane	11:00 AM	(D) Advance	(D) Advance	(D) Advance	(D) Advance			11:00 AM	Aqua Rehab	Lane	Lap Lane	Lap Lane	Lap Lane	11:00 AM	(D) Advance	(D) Advance	(D) Advance	(D) Advance					
11:30 AM			Swim Lesson Shallow Only				11:30 AM	Aqua running	Aqua running	Aqua running	Aqua running			11:30 AM						11:30 AM	Aqua running	Aqua running	Aqua running	Aqua running					
11:45 AM							11:45 AM	Water Jog	Water Jog	Water Jog	Water Jog			11:45 AM						11:45 AM	Water Jog	Water Jog	Water Jog	Water Jog					
12:00 PM	Aqua Rehab						12:00 PM							12:00 PM	Aqua Rehab	Swim Lesson Shallow Only	Lap Lane	Lap Lane	Lap Lane	12:00 PM									
12:15 PM							12:15 PM	Water Walk	Swim Lesson Shallow Only	Lap Lane	Masters	Masters	Masters	12:15 PM						12:15 PM	Water Walk	Swim Lesson Shallow Only	Lap Lane	Masters	Masters	Masters			
12:30 PM	Water Walk	Swim Lesson		Lap Lane	Swim Lesson	Swim Lesson	12:30 PM							12:30 PM	Water Walk	Swim Lesson				12:30 PM									
1:00 PM							1:00 PM				Lap Lane	Lap Lane	Lap Lane	1:00 PM						1:00 PM				Lap Lane	Lap Lane	Lap Lane			
1:30 PM							1:30 PM							1:30 PM				Swim	Swim Lessons	Swim Lessons	1:30 PM				Lap Lane	Lap Lane	Lap Lane		
2:00 PM	Senior Aqua Fit						2:00 PM	Senior Splash						2:00 PM	Senior Aqua Fit						2:00 PM	Senior Splash							
2:30 PM	Senior Aqua Fit						2:30 PM	Senior Splash						2:30 PM	Senior Aqua Fit						2:30 PM	Senior Splash							
2:45 PM	Senior Aqua Fit						2:45 PM	Senior Splash						2:45 PM	Senior Aqua Fit						2:45 PM	Senior Splash							
3:00 PM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Family	Swim	3:00 PM	Aqua Fit						Swim	3:00 PM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Family	Swim	3:00 PM	Aqua Fit						Swim
3:30 PM					Family	Swim	3:30 PM							3:30 PM						3:30 PM									
3:45 PM					Family	Swim	3:45 PM							3:45 PM						3:45 PM									
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4:30 PM	Swim Lessons	Swim Lessons	Swim Lessons				4:30 PM	Swim Lessons	Swim Lessons	Swim Lessons				4:30 PM	Swim Lessons	Swim Lessons	Swim Lessons			4:30 PM	Swim Lessons	Swim Lessons	Swim Lessons						
5:00 PM				Swim Team	Swim Team	Swim Team	5:00 PM							5:00 PM						5:00 PM									
5:15 PM							5:15 PM							5:15 PM						5:15 PM									
5:30 PM							5:30 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family	Swim	5:30 PM						5:30 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family	Swim			
6:00 PM							6:00 PM							6:00 PM						6:00 PM									
6:30 PM	Swim Team	Swim Team	Swim Team				6:30 PM							6:30 PM	Swim Team	Swim Team	Swim Team			6:30 PM									
6:45 PM							6:45 PM							6:45 PM						6:45 PM									
7:00 PM				Swim Team	Swim Team	Swim Team	7:00 PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	7:00 PM						7:00 PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team			
7:30 PM							7:30 PM							7:30 PM						7:30 PM									
8:00 PM	Masters	Masters	Masters				8:00 PM							8:00 PM	Masters	Masters	Masters			8:00 PM									
8:30 PM							8:30 PM							8:30 PM						8:30 PM									
8:45 PM							8:45 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family	Swim	8:45 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	9:00 PM							9:00 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family	Swim	9:00 PM								
9:30 PM							9:30 PM							9:30 PM						9:30 PM									
9:45 PM							9:45 PM							9:45 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: January 7th, 2019 - February 17th, 2019**

SCHEDULE IS SUBJECT TO CHANGE

**FAMILY YMCA OF THE GLENS FALLS AREA  
POOL SCHEDULE - Winter I 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	6:00 AM	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	Swim Team & Masters	6:00 AM	Water Walk	Adult Swim	Lap Lane	Lap Lane	Lap Lane	Lap Lane
6:30 AM							6:30 AM							6:30 AM						
7:00 AM							7:00 AM							7:00 AM						
7:30 AM							7:30 AM							7:30 AM						
8:00 AM							8:00 AM							8:00 AM						
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9:00 AM	Water Workout						9:00 AM							9:00 AM						
9:30 AM	Water Workout						9:30 AM							9:30 AM						
10:00 AM	Advance Aqua Running		Lap Lane	Lap Lane	Lap Lane	Lap Lane	10:00 AM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	10:00 AM	Water Walk	Water Walk	Lap Lane	Lap Lane	Lap Lane	Lap Lane
10:30 AM							10:30 AM							10:30 AM						
10:45 AM							10:45 AM							10:45 AM						
11:00 AM	Aqua Rehab		Swim Lesson Shallow Only				11:00 AM							11:00 AM						
11:30 AM							11:30 AM							11:30 AM						
11:45 AM							11:45 AM							11:45 AM						
12:00 PM	Aqua Rehab						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						Family Swim	1:00 PM							1:00 PM						
1:30 PM							1:30 PM	Birthday Parties						1:30 PM						
2:00 PM	Senior Aqua Fit						2:00 PM	Water walking is permitted when parties are not scheduled. Call front desk prior to your arrival for						2:00 PM						
2:30 PM							2:30 PM			Lap Lane	Lap Lane			2:30 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim	Swim
2:45 PM							2:45 PM							2:45 PM						
3:00 PM							3:00 PM							3:00 PM						
3:30 PM	Water Walk	Lap Lane	Lap Lane	Lap Lane	Family Swim	Swim	3:30 PM							3:30 PM						
3:45 PM							3:45 PM							3:45 PM						
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5:15 PM				Swim Team	Swim Team	Swim Team	5:15 PM							5:15 PM						
5:30 PM							5:30 PM							5:30 PM						
6:00 PM	Swim Team	Swim Team	Swim Team				6:00 PM	Water Walk	Water Walk					6:00 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim	Swim
6:30 PM							6:30 PM							6:30 PM						
6:45 PM							6:45 PM							6:45 PM						
7:00 PM	Masters	Masters	Masters	Masters	Masters	Masters	7:00 PM	YMCA CLOSED						7:00 PM	YMCA CLOSED					
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8:45 PM	Water Walk	Water Walk	Lap Lane	Lap Lane	Family Swim	Swim	8:45 PM	YMCA CLOSED						8:45 PM	YMCA CLOSED					
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9:30 PM							9:30 PM	YMCA CLOSED						9:30 PM	YMCA CLOSED					
9:45 PM							9:45 PM	YMCA CLOSED						9:45 PM	YMCA CLOSED					

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	
Associate Executive Director: Kevin King kking@glensfallsymca.org / 518.793.3878 ext. 113	
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



**EFFECTIVE DATES: January 7th, 2019 - February 17th, 2019**

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