

## **July Pool Schedule**

Sunday	Monday	Tues	Wed	Thurs	Friday	Sat
8am-9am	6am-9:00am	6am-9am	6am-9am	6am-9am	6am-10am	7am-8am
Water aero- bics (2 Lanes)	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
	(6Lanes)	(6 Lanes)				
Open Swim	9am-9:45am		9-9:45am	9-9:45am		9am-
(3Lanes)	Aquacise		Aqua Splash	Aquacise		9:45am
,	(4Lanes)		(2-3 Lanes)	(2-3 Lanes)		Aquacise
						(2 Lanes)
9-10:30	10am-2pm	10am-2pm	10am-2pm	10am-2pm		10:30-
Masters Swim	CAMP SWIM	CAMP SWIM	CAMP SWIM	CAMP SWIM	10am-2pm CAMP SWIM	12pm
(5 Lanes)	(3 Lanes)	(3 Lanes)	(3 Lanes)	(3 Lanes)		Lessons
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	(3 Lanes)	(3Lanes)
(1 Lane)	(3 Lanes)	(3 Lanes)	(3 Lanes)	(3 Lanes)	Open Swim (3 Lanes)	Open Swim
10:30-11:30					(5 Lalles)	(3 Lanes)
Masters Swim (2 Lanes)						
						12-1pm
						Open swim
						(5 Lanes)
11:30am-	2pm -4:30pm	2pm-6pm	2pm-6pm	2pm-6pm	2pm-6pm	1pm-
1pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	3:30pm
Open Swim	4:30pm-6pm		opensum	open sum		Open Swim
1pm-2pm	Lessons					
Swim Team						
(3 Lanes)						
	Water Warriors	Water Warriors	Water Warri-	Water Warriors	Water Warriors	
	<b>6-7</b> (3-4 Lanes)	<b>6-7</b> (3-4 Lanes)	ors	7-8:30	<b>6-7</b> (3-4 Lanes)	
	7-8:30	7-8:30	<b>6-7(</b> 3-4 Lanes)	(5 Lanes)	7-8:30	
	(5 Lanes)	(5 Lanes)	7-8:30		(5 Lanes	
			(5 Lanes)			

## **POOL RULES**

- Lanes can be used for Private Lessons at any time.
- All lane numbers listed, are the lanes being used at the time.
- During Group Swim Lessons, unless you have permission to swim in a lane, NO-BODY is allowed to swim in lanes where lessons are taking place.
- ANY child 11 years and under must have Adult Supervision at all times.
- ANY child 6 years and under must have a Parent/Guardian in the water at all times.
- ANY child 15 years or younger is required to take a swim test.

If you have any questions, please reach out to Brandon Wizda.

South Amboy YMCA: 200 John T O'leary Blvd. South Amboy, NJ 08879 732-553-9622 Brandon.wizda@ymcaofmewsa.org