



# January Pool Schedule

Sunday	Monday	Tues	Wed	Thurs	Friday	Sat
<b>8am-9am</b> Water aerobics (2 Lanes)  Open Swim (3Lanes)	<b>6am-9:00am</b> Lap Swim (6Lanes)  <b>9am-9:45am</b> Aquacise (4Lanes)	<b>6am-9am</b> Lap Swim (6 Lanes)  <b>9-9:45am</b> Aquacise (2-3 Lanes)	<b>6am-10am</b> Lap Swim  <b>9-9:45am</b> Aqua Splash (2-3 Lanes)	<b>6am-10am</b> Open Swim  <b>9-9:45am</b> Aquacise (2-3 Lanes)	<b>6am-3:35pm</b> Open Swim  <b>10:30-11:15am</b> Aquacise (3 Lanes)	<b>7am-8am</b> Open Swim  <b>8am-8:45am</b> Aqua Boot (2Lanes)
<b>9-10:30</b> Masters Swim (5 Lanes)  Open Swim (1 Lane)	<b>9:45-12pm</b> Open Swim	<b>9:45-12pm</b> Open Swim	<b>10am-11am</b> Avenel Learning Center (2 Lanes)  <b>11am-12pm</b> Open Swim	<b>9:45-12pm</b> Open Swim		<b>9-12pm</b> Lessons (3Lanes)  Open Swim (3 Lanes)
<b>10:30-11:30</b> Masters Swim (2 Lanes)  Open Swim (4 Lanes)	<b>CLOSED</b>  <b>12pm-3pm</b>	<b>CLOSED</b>  <b>12pm-3pm</b>	<b>CLOSED</b>  <b>12pm-3pm</b>	<b>CLOSED</b>  <b>12pm-3pm</b>		<b>12-3:30pm</b> <b>(5 Lanes)</b>
<b>11:30-2:15pm</b> Open Swim	<b>3:35pm – 5:45pm</b> Swim Team (4 Lanes)  <b>4:30-6:30</b> Lessons (2 Lanes)	<b>3:35pm – 5:45pm</b> Swim Team (4 Lanes)	<b>3:35pm – 5:45pm</b> Swim Team (4 Lanes)	<b>3:35pm – 5:45pm</b> Swim Team (4 Lanes)	<b>3:35pm – 5:45pm</b> Swim Team (4 Lanes)	
	<b>Water Warriors</b> <b>6-7 (3-4 Lanes)</b>  <b>7-8:30 (5 Lanes)</b>	<b>Water Warriors</b> <b>6-7 (3-4 Lanes)</b>  <b>7-8:30 (5 Lanes)</b>	<b>Water Warriors</b> <b>6-7(3-4 Lanes)</b>  <b>7-8:30 (5 Lanes)</b>	<b>Water Warriors</b> <b>7-8:30 (5 Lanes)</b>	<b>Water Warriors</b> <b>6-7(3-4 Lanes)</b>  <b>7-8:30 (5 Lanes)</b>	

# **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**