



POOL SCHEDULE - October 30 - December 31, 2017
PLEASE NOTE THE POOL SCHEDULE IS SUBJECT TO CHANGE.

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Time	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday					
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
6:00 AM																																										
6:30 AM																																										
7:00 AM																																										
7:30 AM																																										
8:00 AM	Aqua Cardio																																									
8:30 AM	Aqua Strtch & Flex																																									
9:00 AM							Water Fitness																																			
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6:00 PM	Swim Lessons																																									
6:30 PM																																										
7:00 PM							Water Fitness																																			
7:30 PM																																										
8:00 PM	Family Swim																																									
8:30 PM																																										
9:00 PM																																										

PLEASE NOTE: **ADULT LAP = AGES 12 & UP LAP SWIMMING ONLY** **FAMILY SWIM = OPEN SWIM FOR ALL AGES IN LANES 1 & 2 ONLY** **ADULT OPEN = ADULT OPEN EXERCISE ONLY**

For your safety, in the event of a thunder storm or electrical storm pool will be closed until 30 minutes after the last sign of lightning/thunder

Lap Swimmers:
 We encourage circle swimming - please note that -
***If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half format. Please try to choose a lane with swimmers that most nearly match your speed. The entrance of a 3rd person changes the lane to 'circle' swim.**
 *When entering a lanes, please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are joining the lane.
***The entrance of a third person immediately changes the lane to "circle" swimming.**
 *Please be advised that Family Swim will end 15 minutes prior to any evening adult exercise class that is held in lanes 1 & 2.
***Lap swimming and use of kickboards, barbells or any water exercise equipment is not permitted in Family Swim Areas.**
 *Adult Open Swim is for open water exercise - LAP SWIMMING IS NOT PERMITTED in lanes 1 & 2 during the 6am-9am Adult Open Swim Time.

Attention Parents:
***Children under 8 years old must have a parent/guardian IN THE WATER WITH THEM AT ALL TIMES.**
 *Any child wearing a 2-4 layer floatation must be within arms reach of parent or guardian at all times
***Children 9-12 years old must have parent/guardian on the pool deck.**
 *To engage all members equally, multiple activities are often scheduled in the pool at the same time.
***Please see pool area for additional pool rules & regulations**

The Gateway Family YMCA
 Rahway Branch
 1564 Irving Street~Rahway, NJ 07065

This pool schedule is subject to change.

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