



RYE Y POOL SCHEDULE November 10- January 25

Special pool schedule will be posted on the following dates:
 Thanksgiving Break: November 22-November 25
 Home Swim Meet: Sunday, December 2 after 1:00pm
 Winter Break: December 24-January 1

The # of lanes available are indicated in (parentheses). Ex: 5:30-7:30am (3) means there are 3 available lanes at this time. When 5-6 lanes are available there will be no circle swimming allowed in lanes 1 and 6. Additionally at these specific times, one lane may be reserved for Rye YMCA private swim lessons.

ADULT LAP

*It is expected that all swimmers concede to sharing their lane with other swimmers as needed and in a courteous manner. Please try to choose a lane with swimmers that most nearly match your speed. To avoid accidents, when entering an occupied lane, please first get the swimmer's acknowledgement that you are there. If there are 2 swimmers in a lane, they may elect to split the lane. The arrival of a third swimmer immediately changes the lane to "circle" swimming format. At times in which there are 5-6 adult lap lanes available there will not be circle swimming allowed in Lanes 1 and 6.

BROOKSIDE POOL (6 Lanes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:05am (6) 9:05-10:05am (3-4) 10:05-3:15pm (6) 3:15-5:05pm (3) 5:05-6:00pm (4) 8:00-9:45pm (5)	5:30-8:55am (6) 8:55-9:55am (3-4) 9:55-10:55am (6) 10:55-11:50am (3) 11:50-3:30pm (6) 3:30-5:30pm (1) 8:00-9:45pm (3) Adult lap offered in Pa Cope from 6:00-7:40pm	5:30-8:55am (6) 8:55-9:55am (3-4) 9:55-3:15pm (6) 3:15-5:05pm (3) 5:05-5:55pm (2) 8:00-9:45pm (5)	5:30-8:55am (6) 8:55-9:55am (3-4) 9:55-10:55am (6) 10:55-11:50am (3) 11:50-3:30pm (6) 3:30-5:30pm (1) 8:00-9:45pm (3) Adult lap offered in Pa Cope from 6:00-7:50pm	5:30-8:55am (6) 8:55-9:55am (3-4) 9:55-3:15pm (6) 3:15-4:20pm (3) 4:20-5:55pm (2-3) 8:00-9:45pm (6)	7:00-9:55am (6) 9:55-11:00am (3-4) 11:00-12:05pm (6) 12:05-1:00pm (3) 1:00-2:35pm (2) 2:35-6:15pm (5)	8:00-11:00am (6) 11:00-3:30pm (4) 3:30-5:00pm (6)

- The lifeguard will ask patrons to circle swim and reorganize lanes based on swim ability and speed should the pool become overcrowded.
- The pool stairs will remain OUT OF THE POOL during busy swim times. If you need the pool stairs to enter or exit the pool, please notify the lifeguard.
- Please make note that when 5-6 lanes are available for lap swim, there may be a private swim lesson running in Lanes 1 or 6.

PA COPE POOL (4 Lanes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*7:00-8:00am (1)	6:00-8:00am (2) 6:00-7:40pm (4)	*7:00-8:00am (1)	6:00-8:00am (2) 6:00-7:50pm (4)	*7:00-8:00am (1) 6:10-9:00pm (1)		

- Please make note that adult lap in the Pa Cope Pool will start and end promptly at the times listed. Patrons will have to exit the pool deck and pool doors will be locked to ensure that the pool setup for the following activity can be done safely and efficiently.

FAMILY SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pa Cope Pool 12:00-1:00pm 2:45-3:25pm (2) Brookside Pool 5:05-5:55pm (1)	Pa Cope Pool 12:00-3:25pm	Pa Cope Pool 11:00-1:00pm 1:50-3:25pm (2) Brookside Pool 4:15-5:05pm (1)	Pa Cope Pool 11:30am-3:25pm	Pa Cope Pool 12:00-1:00pm 1:50-3:25pm Pa Cope Pool 6:10-9:00pm	Pa Cope Pool 3:30-5:45pm	Pa Cope Pool Aquatics Playtime Children w. Special Needs 8:45-9:25am Brookside Pool 11:00-2:00pm (2LN) Pa Cope Pool 3:30-5:45pm

- All swimmers must be swim checked under our **Test, Mark, Protect** policy. Please see lifeguard for assistance and swim band prior to swimming.

YOUTH/TEEN LAP

BROOKSIDE POOL (6 Lanes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:45pm (1)		8:00-9:45pm (1)		5:05-5:55pm (1) 8:00-9:45pm (1)	2:35-6:15pm (1)	2:00-3:30pm (2)

ADULT OPEN SWIM

PA COPE POOL (Pool will be shared with family swim and private swim lessons, no lanes will be available)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-8:30am 12:00-1:00pm 2:45-3:25pm (2)	8:15-8:30am 12:00-2:00pm 2:45-3:15pm	8:15-8:30am 11:00-1:00pm 2:45-3:25pm (2)	11:30am-3:25pm	8:15-8:30am 12:00-1:00pm 1:50-3:25pm 6:10-9:00pm		9:30-12:00pm (deep end only)

*See reverse side for pool rules

*Schedules are subject to change without notice

*The lifeguard has the authority to enforce all pool rules



AQUA FITNESS SCHEDULE: September 8th – January 25th (REVISED 9/17)

Special schedules will be posted for the following: Thursday, November 22- Saturday, November 24 AND Monday, December 24-Tuesday, January 1

PA COPE (4 LANE POOL)

PLEASE NOTE THAT THE PA COPE POOL WILL BE CLOSED 8:00-8:15AM TO SETUP THE POOL SAFELY. POOL ACCESS FOR WATER STRETCH WILL BEGIN AT 8:15AM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WATER STRETCH 8:30-9:00AM ANGIE	WATER STRETCH 8:30-9:00AM BARBARA	WATER STRETCH 8:30-9:00AM SHEILA	H2O HIIT 8:15-9:00AM TAMICKA	WATER STRETCH 8:30-9:00AM VALERIE	
AQUA PUMP 9:05-9:55AM ANGIE	DEEP WATER BASICS 9:05-9:55AM HEATHER	AQUA PUMP 9:05-9:55AM SHEILA	DEEP WATER BASICS 9:05-9:55AM GIO	AQUA PUMP 9:05-9:55AM NATALIE	
RYE HANDICAPPED 10:05-10:50AM NATALIE				RYE HANDICAPPED 10:05-10:50AM NATALIE	
*AQUA FLEX 11:00-11:45AM HEATHER	AQUA PUMP 7:45-8:30PM VALERIE		AQUA PUMP 8:00-8:45PM JUDY	AQUA FLEX 11:00-11:45AM NATALIE	
AQUA ZUMBA 8:00-8:45PM JULIE		AQUA ZUMBA 8:00-8:45PM JULIE			

BROOKSIDE POOL (6 LANE POOL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POWER AQUA FITNESS 9:05-9:55AM NATALIE	WATER AEROBICS 9:05-10:00AM BARBARA	POWER AQUA FITNESS 9:05-10:00AM HEATHER	AQUA ZUMBA 9:05-9:55AM JULIE	AQUA ZUMBA 9:05-9:55AM JULIE	
	*AQUA FLEX 11:00-11:45AM BARBARA		*AQUA FLEX 11:00-11:45AM VALERIE		WATER AEROBICS 10:00-10:50AM BARBARA

Please make sure to arrive on time to limit class disruptions. Have all equipment setup before class. Kindly put all equipment away after class.
We appreciate your help ensuring that our pool deck is clean and clear.

As a courtesy to members and instructors, we ask that you please refrain from speaking during classes. If you're entering the pool after class has started, kindly do so quietly.

Please inform instructor of any injuries or limitations that you may have. Please, if possible stay for the entire class to ensure proper cool down and stretch and limiting class disruptions.



AQUA CLASS DESCRIPTIONS

WATER STRETCH: In this 30 minute class, participants will relax and release tension throughout the body caused by daily living. Class is performed in the shallow end of the pool and uses the warmer water to assist the muscles during stretches. Class focus is on stretching muscles, balance, and peace of mind. A series of exercises designed to stretch your muscles and relax your mind.

DEEP END WATER STRETCH: Participants wear deep water exercise belts in a warmer pool to facilitate a series of stretching. We create an opportunity to lengthen, balance and strengthen the spine, muscles, tendons and ligaments. Series begins with gentle physical movement to unwind your body, stretches continue to in attempt to release tightness in the hips and low back, neck and shoulders. By working from our foundation, the spine, the end product should improve daily movement.

AQUA PUMP: This 45-50 minute class focuses on using the deep water to enhance fitness of all levels. The water provides a natural resistance for your body to move against and movements in the water increase your level of endurance and cardio strength. Participants will use noodles, barbells, and their own body weight for added resistance to help overall fitness with cardio, strength, and core.

WATER AEROBICS: This 50 minute shallow water class combines movements such as jumping, moving your arms, and using a variety of exercises and equipment to improve your fitness. Water resistance is used to develop your muscle tone, flexibility, cardiovascular fitness and general well-being. Concentrating on both upper and lower body, exercises are taught at a quicker pace to burn calories and increase endurance.

AQUA ZUMBA: This 45 minute energetic class features rhythmic music and dance moves to enhance fitness. In a fun, energetic environment you will be burning calories and strengthen muscles as you move along to the music!

H2O HIIT: A 45 minute class held in the shallow end, H2O HIIT (High Intensity Interval Training) in the pool is a great form of cardiovascular training. HIIT involves brief bursts of very high intensity training followed by a recovery period to bring your heart rate down. Studies have shown that these intense bursts of exercise boost your metabolism and may burn more total calories than steady cardio.

DEEP WATER BASICS: This class stresses the basic techniques necessary to effectively utilize the unique properties of the water to get the most from your deep water exercise class. Emphasis will be placed on posture and proper technique for a variety of exercises designed to strengthen and align your skeletal structure, build endurance, and strengthen and enhance your ability to redefine the use of your body for daily living.

POWER AQUA FITNESS: Splash your way to a full body workout that emphasizes agility, strength, and endurance. Prepare for quick and powerful movements that will tone your muscles and increase your cardio! A complete head to toe workout that exercises large muscle groups, increases your heart rate and makes your lungs work harder.