

Aquatics

Pool will be closed for maintenance Sept. 4-10
(Reopens on 11th)

Lap & Open Swim Schedule *Valid June 5 through Sept. 3*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7 AM	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes		
7-8 AM	3 Lanes Closed	3 Lanes Closed	3 Lanes Closed	3 Lanes Closed	3 Lanes Closed		
8-9 AM	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes ½ Open
9-10 AM	1 Lane Closed	2 Lanes Closed	1 Lane Closed	2 Lanes Closed	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open
10-11 AM	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes ½ Open	2 Lanes ½ Open
11 AM-12 PM	1 Lane Closed	Closed	1 Lane Closed	Closed	2 Lane Closed	2 Lanes ½ Open	2 Lane ½ Open
12-1 PM	3 Lanes ½ Open	2 Lanes Closed	3 Lanes ½ Open	2 Lanes Closed	3 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
1-2 PM	Closed	Closed	Closed	Closed	Closed	2 Laps ½ Open	2 Lanes ½ Open
2-3 PM	Closed	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ¼ Open/Deep	Closed	2 Lanes ½ Open	2 Lanes ½ Open
3-3:30 PM	Closed	2 Lanes ¼ Open/Deep	2 Lanes ½ Open	2 Lanes ¼ Open/Deep	Closed	2 Lanes ½ Open	2 Lanes ½ Open
3:30-4 PM	Closed	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open	Closed	2 Lanes ½ Open	2 Lanes ½ Open
4-4:30 PM	1 Lane Closed	1 Lane Closed	1 Lane Closed	1 Lane Closed	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
4:30-5 PM	Closed	Closed	Closed	Closed	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open
5-6 PM	Closed	Closed	Closed	Closed	2 Lanes ½ Open	Closed at 5	2 Lanes ½ Open
6-6:30 PM	No Lanes ½ Open	No Lanes ½ Open	No Lanes ½ Open	No Lanes ½ Open	2 Lanes ½ Open		2 Lanes ½ Open
6:30-7 PM	Closed	No Lanes ½ Open	No Lanes ½ Open	No Lanes ½ Open	Closed at 6:30		2 Lanes ½ Open
7-8 PM	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed	2 Lanes Closed			Closed at 7
8-9:30 PM	3 Lanes ½ Open	3 Lanes ½ Open	3 Lanes ½ Open	3 Lanes ½ Open			

Because there are no swim lessons offered during these weeks we can open more lanes.
Use the schedule below for the following weeks: (June 5-15) ▪ (July 3-9) ▪ (Aug. 7- Aug. 30)

Time	Monday	Tuesday	Wednesday	Thursday
4:30-6:30 PM	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open	2 Lanes ½ Open

- 1, 2, 3 or 4 Lane(s): The number of lap lanes open for swimming
- 1/4 Open/Deep: Only deep end is open for use ➤ ½ Open: Shallow and deep end are open for use
- Closed: Other than the lap lanes that are open, the rest of the pool is closed due to swim lessons or water fitness classes

Whirlpool Cleaning Schedule
 Closed from 1-5 PM on
 6/13, 7/18 & 8/15

Aquatics

Water Fitness Class Schedule (free for members) Valid June 5 to Aug. 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM ^{Lou} STRETCH-N-FLEX	7-7:45 AM ^{Wanda} STRETCH-N-FLEX	7-7:45 AM ^{Lou} STRETCH-N-FLEX	7-7:45 AM ^{Susan} STRETCH-N-FLEX	7-7:45 AM ^{Lou} STRETCH-N-FLEX	
8-8:45 AM ^{Lou} TONE-N-FLEX	8-9 AM ^{Kitty} YOUNG AT HEART	8-8:45 AM ^{Kitty} TONE-N-FLEX	8-9 AM ^{Kitty} YOUNG AT HEART	8-8:45 AM ^{Lou} TONE-N-FLEX	8-9 AM ^{Heather} AQUA ZUMBA
9-9:45 AM ^{Lou} WATER CARDIO	9-9:45 AM ^{Kristi} WATER PILATES	9-9:45 AM ^{Lou} WATER CARDIO	9-9:45 AM ^{Kristi} WATER PILATES	9-9:45 AM ^{Lou} WATER CARDIO	8-9 AM ^{Heather} WATER IN MOTION
11-11:45 AM ^{Patty} WATER CARDIO	11-11:45 AM ^{Serena} ARTHRITIS	10-11 AM ^{Patty} WATER IN MOTION	11-11:45 AM ^{Serena} ARTHRITIS	11-11:45 AM ^{Patty} WATER CARDIO	<div style="border: 1px solid black; padding: 5px;"> <p>Zumba and WIM alternate every other Saturday</p> <p>Zumba: 6/10, 6/24, 7/8, 7/22, 8/5, 8/19, 9/2</p> <p>WIM: 6/3, 6/17, 7/1, 7/15, 7/29, 8/12, 8/26,</p> </div>
11-11:45 AM ^{Serena} DEEP WATER	11-11:45 AM ^{Kristi} DEEP WATER	11-11:45 AM ^{Patty} WATER CARDIO	11-11:45 AM ^{Kristi} DEEP WATER		
1-1:45 PM ^{Joie} ARTHRITIS	12-1 PM ^{Serena} WATER IN MOTION	11-11:45 AM ^{Kristi} DEEP WATER	12-1 PM ^{Patty} WATER IN MOTION	1-1:45 PM ^{Joie} ARTHRITIS	
6:30-7:30 PM ^{Ted} WATER IN MOTION	7-8 PM ^{Natalie} WATER CARDIO	1-1:45 PM ^{Joie} ARTHRITIS	7-8 PM ^{Linda} WATER CARDIO		
		7-8 PM ^{Linda} WATER CARDIO			

Aquatics Fitness Class rates for non-members:

• \$45/5 classes • \$88/10 classes • \$128/15 classes • \$165/20 classes • \$200/25 classes

Private Swim Lessons (Age 3 +)

You may arrange the day and time suitable to your schedule for half-hour, one-on-one instruction with a certified Instructor.

Private 1 on 1 Lessons

# of lessons	1	6	10	12
M+	\$30	\$160	\$240	\$260
M	\$35	\$190	\$290	\$320
NM	\$40	\$210	\$320	\$360

First Time Buyer Special

6 Lessons: M+ \$120 • M \$140 • NM \$170

Private Partner Lessons

Price listed below is price is per person

# of lessons	1	6	10	12
M+	\$23	\$120	\$185	\$210
M	\$27	\$140	\$215	\$235
NM	\$31	\$165	\$245	\$270

Maximum number of 2 people at same swim level. The JCC is not responsible for partner pairing, this must be done by the buyer.



For more information or to schedule private lessons, contact Patty Smith Neidigh by phone or email at: patty@yorkjcc.org

Aqua Zumba incorporates dance and fitness moves to mostly Latin music. This class offers cardio conditioning and body toning.

Arthritis is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician's approval is recommended.

Deep Water is a non-impact class designed to get your body in shape as you remain suspended in deep water. Flotation devices are used.

Stretch-N-Flex is a mild cardiovascular program designed to improve balance and stamina. Takes place in shallow water.

Tone-N-Flex will get those muscles in shape while working your heart. This is a higher cardio class.

Water Cardio is a fast-paced cardio workout in the shallow end.

Water in Motion is a high-energy, calorie-burning workout. www.waterinmotion.com

Water Pilates will tone and strengthen core muscles. Great for balance and posture for both men and women.

Young at Heart is a high-energy program combining aerobics, toning, and stretching.