

# WINTER I AND II SWIM LESSONS AND AQUACISE CLASSES

January 6<sup>th</sup>-  
February 23<sup>rd</sup>  
and  
March 2<sup>nd</sup>-April 19<sup>th</sup>,  
2020

Schedule is subject to  
change

Outside of scheduled  
class times, there are  
two lap lanes and an  
open swim area available  
to all members and  
guests.

Private lessons and  
recreational group events  
may impact this schedule.  
Please contact the front  
desk or sign up for text  
alerts to confirm any  
changes.

## Directions:

Please arrive 10 minutes  
prior to lesson time to  
ensure you have time to  
change.

If anyone in your party is  
under the age of 18 please  
use the Girls/Boys Locker  
Rooms or ask Front Desk for  
the Family Room Key.

You are welcome to stay in  
the pool after class if there  
is Open Swim space. All  
Non-Swimmers MUST have  
an adult in the water.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9:00AM- 9:30AM <b>Parent and Child (Stage AB)</b>	
						9:40AM- 10:20AM <b>Preschool and Youth (Stage 1/2)</b>	
						10:30AM- 11:10PM <b>Youth (Stage 3/4)</b>	
	11:15AM- 12:00PM <b>Older Adult Aquacise</b>		11:15AM- 12:00PM <b>Older Adult Aquacise</b>		11:15AM- 12:00PM <b>Older Adult Aquacise</b>	11:10am- 11:40am <b>Teen/Adult (All Stages)</b>	
	4:30PM- 5:00PM <b>Parent and Child (Stage A/B)</b>		4:20PM- 5:00PM <b>Youth (Stage 1/2)</b>				
	5:10PM- 5:50PM <b>Preschool (Stage 1/2)</b>	5:00PM- 6:00pm <b>Arthritis Aquacise</b>	5:10PM- 5:50PM <b>Youth (Stage 3/4)</b>	5:15PM- 6:00PM <b>Arthritis Aquacise</b>			
	6:00PM- 6:40PM <b>Preschool (Stage 3/4)</b>	6:00PM- 7:00PM <b>Swim Team Practice</b>	6:00PM- 7:00PM <b>Youth Swim Lessons (Stage 5/6)</b>	6:00PM- 7:30PM <b>Masters Swim</b>			
	7:00PM- 7:45PM <b>Adult Aquacise Class</b>		7:00PM- 7:45PM <b>Adult Aquacise Class</b>				

\*Contact Aquatics with any questions at (570) 655-2255 Ext 106, or by email at [yaquatics@greaterpittstonymca.org](mailto:yaquatics@greaterpittstonymca.org)