



TRENTON YMCA 2018 TENTATIVE SWIM SCHEDULE

Operating Hours:

Beginning June 25, 2018

Monday to Friday 8:00 am—7:30 pm

Saturday 9:00 am—3:00 pm

Sunday 12:00 pm—4:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am - 8:30 am Mini Lap Swim	8:00 am to 10:00 am Adult Open Swim	8:00 am—8:30 am Mini Lap Swim	8:00 am to 10:00 am Adult Open Swim	8:00 am—8:30 am Mini Lap Swim		
8:30 am -9:15 am Silver Splash		8:30 am -9:15 am Silver Splash		8:30 am -9:15 am Silver Splash	9:00 am -12:45 am Swim Lessons	
9:15 am—10:00 am Adult Open Swim		9:15 am—10:00 am Adult Open Swim		9:15 am—10:00 am Adult Open Swim	12:45 pm -1:15 pm Closed for Lunch	12:00 pm 4:00 pm Sundays Family Swim
10:00 am -11:00 am YMCA Pre-School	10:00 am—12:00 pm Camp Swim	10:00 am -11:00 am YMCA Pre-School	10:00 am—12:00 pm Camp Swim	10:00 am -11:00 am YMCA Pre-School		
11:00 am-12:00 pm Camp Swim		11:00 am-12:00 pm Camp Swim		11:00 am-12:00 pm Camp Swim	1:15 pm -3:00 pm Open Swim	
12:00 pm -12:30 pm Closed for Lunch	12:00 pm -12:30 pm Closed for Lunch	12:00 pm -12:30 pm Closed for Lunch	12:00 pm -12:30 pm Closed for Lunch	12:00 pm -12:30 Closed for Lunch		
12:30 pm—1:00 pm Open Swim	12:30 pm—1:00 pm Open Swim	12:30 pm—1:00 pm Open Swim	12:30 pm—1:00 pm Open Swim	12:30 pm—1:00 pm Open Swim		
1:00 pm -4:00pm Camp Swim	1:00 pm -4:00pm Camp Swim	1:00 pm -4:00pm Camp Swim	1:00 pm -4:00pm Camp Swim	1:00 pm -4:00pm Camp Swim		
4:00 pm -7:00 pm Open Swim	4:00 pm -5:30 pm Open Swim	4:00 pm—6:15 pm Open Swim	4:00 pm—5:45 pm Open Swim	4:00 pm—7:30 pm Open Swim		
	5:45 pm—6:30 pm Aqua Zumba		5:45 pm—6:30 pm Body Works			
	6:30 pm—8:00 pm Open Swim	6:30 pm -7:15 pm Aquatic Body Conditioning	6:30 pm—7:30 pm Open Swim			



CLASS DESCRIPTIONS

Silver Splash - This morning class will get your day started right! An aquatic fitness program designed specifically for our members who are Medicare beneficiaries. Silver Splash is designed to specifically address the needs of our senior population increasing their cardiovascular endurance their muscular strength and endurance while helping improve flexibility. All members however can benefit from this structured 45 minute class.

Water Works - Anything goes in this moderate intensity 45 minute class. A variety of formats and equipment will be used for a moderate to intense workout.

Liquid Hot Hula - Let's take the newest fitness craze to the water. This 45 minute total body workout incorporates easy to follow dance movements set to the sound of traditional Polynesian drum beats fused with some of today's hottest dance hits.

Aqua Zumba - This not so traditional dance class that is fun and uses combinations of fast and slow rhythms that tone and sculpt the body comes to the water.

Aquatic Body Conditioning - A moderate to high intensity cardio segment and muscle conditioning followed by stretching all in the water.

2018 Pool Memberships on sale May 1, 2018

MEMBERSHIP RATES:

Youth\$25

Young Adult\$35

Senior\$25

Adult\$40

Single Parent Family
(one parent and
up to 4 dependents) ...\$60

Two Parent Family
(two parents and
up to 6 dependents)\$85

Daily Pool Pass Rates: \$5.00 up to age 21; \$10.00 age 22 & up *Does not include access to open gym*

Pool Season: July 1 - August 31. Rates provide pool and locker room access only, open swim time only (no aqua fitness classes) and are non-refundable.

Book your Pool Party Now! \$175

Two-hour sessions for up to 30 guests (1-hr pool followed by 1-hr party room time).

Available:

Saturday afternoons 2 - 4 pm; and 4 - 6 pm

Sunday afternoons 2 - 4 pm

Please note: there may be multiple parties at one time. Call to book your party today!