



Pool @ YMCA of Gloucester County
January 9th - February 23rd

235 East Red Bank Ave
Woodbury, NJ 08096
8568450720

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|--|---|--|---|--|---|--|
| 6am | Rec Side - Open 6am - 8:15am | Rec Side - Open 6am - 11:45am | Rec Side - Open 6am - 8:15am | Rec Side - Open 6am - 11:45am | Rec Side - Open 6am - 8:15am | | |
| | 2 Lap Lanes 6am - 8:15am | 2 Lap Lanes 6am - 11:45am | 2 Lap Lanes 6am - 8:15am | 2 Lap Lanes 6am - 11:45am | 2 Lap Lanes 6am - 8:15am | | |
| 7am | | | | | | Rec Side - Open 7am - 9am | |
| | | | | | | 2 Lap Lanes 7am - 4:45pm | |
| 8am | Rec Side - Limited 8:15am - 11:45am | | Rec Side - Limited 8:15am - 11:45am | | Rec Side - Limited 8:15am - 11:45am | | |
| | Deep Water Workout \$\$ Kim Kepple-Bailey 8:15am - 9am | | Deep Water Workout \$\$ Kim Kepple-Bailey 8:15am - 9am | | Deep Water Workout \$\$ Kim Kepple-Bailey 8:15am - 9am | | |
| | 1 Lap Lane 8:15am - 11am | | 1 Lap Lane 8:15am - 11am | | 1 Lap Lane 8:15am - 11am | | |
| 9am | AOA Swimnastics - \$\$ Kim Kepple-Bailey 9:15am - 10am | | AOA Swimnastics - \$\$ Kim Kepple-Bailey 9:15am - 10am | | AOA Swimnastics - \$\$ Kim Kepple-Bailey 9:15am - 10am | Rec Side - Limited 9am - 1:30pm | |
| 10am | Arthritis - \$\$ Kim Kepple-Bailey 10:15am - 11am | | Arthritis - \$\$ Kim Kepple-Bailey 10:15am - 11am | | Arthritis - \$\$ Kim Kepple-Bailey 10:15am - 11am | | |
| 11am | 2 Lap Lanes 11am - 11:45am | | 2 Lap Lanes 11am - 11:45am | | 2 Lap Lanes 11am - 11:45am | | |
| 1pm | | | | | | Rec Side - Open 1:30pm - 4:45pm | 2 Lap Lanes 1pm - 4:45pm |
| 3pm | | | | | | | Rec Side - Open 3pm - 4:45pm |
| 5pm | 2 Lap Lanes 5pm - 6pm | Rec Side - Limited 5pm - 6pm | Rec Side - Limited 5pm - 7pm | Rec Side - Limited 5pm - 6pm | Rec Side - Open 5pm - 6pm | | |
| | Rec Side - Open 5pm - 6pm | 2 Lap Lanes 5pm - 6pm | 1 Lap Lane 5pm - 7pm | 2 Lap Lanes 5pm - 6pm | 3 Lap Lanes 5pm - 6pm | | |
| 6pm | Rec Side - Limited 6pm - 8:30pm | Rec Side - Limited 6pm - 8:30pm | | Rec Side - Limited 6pm - 8:30pm | 2 Lap Lanes 6pm - 7pm | | |
| | 1 Lap Lane 6pm - 8:30pm | 1 Lap Lane 6pm - 8:30pm | | 1 Lap Lane 6pm - 8:30pm | Rec Side - Open 6pm - 7pm | | |
| 7pm | | | 3 Lap Lanes 7pm - 8:45pm | | Rec Side - Limited 7pm - 8:30pm | | |
| | | | Rec Side - Open 7pm - 8:45pm | | 1 Lap Lane 7pm - 8:30pm | | |
| 8pm | 3 Lap Lanes 8:30pm - 8:45pm | 3 Lap Lanes 8:30pm - 8:45pm | | 3 Lap Lanes 8:30pm - 8:45pm | 3 Lap Lanes 8:30pm - 8:45pm | | |
| | Rec Side - Open 8:30pm - 8:45pm | Rec Side - Open 8:30pm - 8:45pm | | Rec Side - Open 8:30pm - 8:45pm | Rec Side - Open 8:30pm - 8:45pm | | |

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.