



Pool Schedule

July 2nd - August 24th, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--	--------	---------	-----------	----------	--------	----------	--------

Adult Lap Swim	5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	6am-7:30pm	7am-7:30pm
-----------------------	----------------	----------------	----------------	----------------	----------------	------------	------------

Best times for Adult Lap Swim and Water Walking / Jogging in which 4 or more lanes are available:

9a-2pm 2 lanes only (slow & Med)	10a-1pm 2 lanes only (slow & Med)
-------------------------------------	--------------------------------------

Monday, Wednesday & Friday: 5:30 am - 9 am, 6 pm - 10:30 pm

Tuesday & Thursday: 5:30 am - 9 am, 6 pm - 10:30 pm

Saturday: 7 am - 8 am, 1 pm - 2 pm, 4 pm - 7:30 pm

Sunday: 7 am - 10 am, 2 pm - 7:30 pm

Aqua Walker/Jogger Exercise Lane 1	5:30am -7am	5:30am -7am	5:30am -7am	5:30am -7am	5:30am -7am	6am - 9am	7 am -10 am
	8am - 10am	8am - 10am	8am - 10am	8am - 9am	8am - 10am	12:15pm - 2pm	12:15pm - 1pm
	2pm -3pm	2:30pm - 3pm	2:30pm - 3pm	11am - 11:30am 12:30pm - 1pm	11am - 12pm 1pm - 2pm	4 pm -5 pm	6 pm -7:30 pm
		4:30pm - 6pm	4:30pm - 6pm	3pm - 6pm	3 pm - 4 pm	6 pm -7:30 pm	
	8 pm - 10:30pm	8 pm - 10:30pm	8 pm - 10:30pm	7 pm - 10:30pm	8:30pm - 10:30pm		

Adult Water Aerobics (Included with Membership)	7am - 8am	7 am - 8am	7 am - 8am	7 am - 8am	7 am - 8am		
	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm		
	7 pm - 8pm		7 pm - 8pm				

Swim Lessons (Fee Based Programs)				12 pm - 1pm			
	3:30pm - 6pm	3:30pm - 6pm	3:30pm - 6pm	3:00pm-6:50pm	3:30 pm-6pm	8am - 3pm	9am - 1:15pm
	8 pm - 9 pm	6 pm - 7 pm 7pm -9pm	6 pm - 7 pm 8pm -9pm	6pm -7pm 8 pm - 9 pm	1 pm - 2 pm		

Summer Camp	9am - 12pm 1:30pm - 3pm	9am -12pm 12:30pm- 3pm	9am -12pm 12:30pm- 3pm	11:15am-1:15pm	9am -12pm 12:30pm- 3pm		
--------------------	----------------------------	---------------------------	---------------------------	----------------	---------------------------	--	--

Best times for Adult Lap Swim and Water Walking /Jogging in which 4 or more lanes are available:

Monday, Wednesday & Friday: 5:30 am - 9 am, 6 pm - 10:30 pm

Tuesday & Thursday: 5:30 am - 9 am, 6 pm - 10:30 pm

Saturday: 7 am - 8 am, 1 pm - 2 pm, 4 pm - 7:30 pm

Sunday: 7 am - 10 am, 2 pm - 7:30 pm

During Family Swim all children 9 yrs old and younger must be accompanied by a parent in the pool.

Children 9 - 11 yrs must have an adult on the pool deck with bathing attire or in the viewing area.

Aquatics Department Information

Swim Caps are available for purchase at the membership desk for \$10.00

Towels are available in both the men's and women's locker rooms and on the pool deck

Family-friendly locker rooms are available for adults who wish to accompany their child that is aged 5 and over and of the opposite gender

Swim Evaluations for aquatic classes are done 2 weeks prior to the start of the class. Evaluations are Mon-Fri, 3 to 5 PM and Sat & Sun, 12-2 PM.

Swim Safely

Children 8 years old or younger must be within arm's length of a parent/adult guardian when in the pool.

Children between the ages of 9 and 11 must have a parent/adult guardian on the pool deck or viewing area at all times.

Adults/guardians on the pool deck **MUST** be in swim attire.

Members should shower before entering the pool.

Street shoes are not allowed on the pool deck.

Everyone in the pool must wear a swim cap.

No gym shorts, cutoffs or other converted street clothing may be worn as bathing suits.

Individuals with infections, open sores or cuts and ear/nose discharge will not be allowed to enter the pool.

Spitting in the pool or pool gutters is not allowed.

Band-Aids, bandages, metal hair clips and hairpins must be removed before entering the pool.

Inflatable flotation devices, balls or other large pool toys are not permitted.

Instructional swim aids (kick boards, barbells, pull buoys) are only for class use.

No food and gum permitted in the pool area. Glass bottles are strictly prohibited.

All questions regarding Aquatics should be directed to the Aquatics Director, Aytaissa Kirkpatrick, at 212.912.2421 or akirkpatrick@ymcanyc.org





|