



# Vanderbilt Pool Schedule

Effective 7/2/18

## West Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>7:00 AM</b> 7:15 AM 7:30 AM 7:45 AM		Water Exercise 7 – 7:50 am	Water Exercise 7 – 7:50 am	Water Exercise 7 – 7:50 am	Water Exercise 7 – 7:50 am	Water Exercise 7 – 7:50 am		
<b>8:00 AM</b> 8:15 AM 8:30 AM 8:45 AM	Adult Circle Swim & Private swim lessons 8 – 8:50 am	Adult Circle Swim 8 – 9:50 am	Adult Circle Swim 8 – 8:50 am	Adult Circle Swim 8 – 9:20 am	Adult Circle Swim 8 – 8:50 am	Adult Circle Swim 8 – 9:50 am	Adult Circle Swim & Private swim lessons 8 – 8:50 am	
<b>9:00 AM</b> 9:15 AM 9:30 AM 9:45 AM	Adult & Youth Lessons 9:00 am – 1 pm	Summer Camp 10 – 10:50 am	Summer Camp 9 – 10:50 am	Summer Camp 9:30 – 10:50 am	Summer Camp 9 – 10:50 am	Summer Camp 10 – 10:50 am	Youth Lessons 9:00 am – 1:00 pm	
<b>10:00 AM</b> 10:15 AM 10:30 AM 10:45 AM								
<b>11:00 AM</b> 11:15 AM 11:30 AM 11:45 AM		Aqua Arthritis 11 – 11:45 am	Aqua Arthritis 11 – 11:45 am	Aqua Arthritis 11 – 11:45 am	Aqua Arthritis 11 – 11:45 am	Aqua Arthritis 11 – 11:45 am		
<b>12:00 PM</b> 12:15 PM 12:30 PM 12:45 PM		Water Exercise 12 – 12:50 pm	Water Exercise 12 – 12:50 pm	Aqua Zumba 12 – 12:50 pm	Water Exercise 12 – 12:50 pm	Water Exercise 12 – 12:50 pm		
<b>1:00 PM</b> 1:15 PM 1:30 PM 1:45 PM	Birthday Parties 1:15 – 2:15 pm	Summer Camp 1 – 5 pm	Summer Camp 1 – 5 pm	Summer Camp 1 – 4 pm	Summer Camp 1 – 4 pm	Summer Camp 1 – 5 pm	Family Swim 1 – 6 pm	
<b>2:00 PM</b> 2:15 PM 2:30 PM 2:45 PM	Family Swim 2:30 – 6 pm							Youth Swim 4 – 6 pm
<b>3:00 PM</b> 3:15 PM 3:30 PM 3:45 PM								
<b>4:00 PM</b> 4:15 PM 4:30 PM 4:45 PM								
<b>5:00 PM</b> 5:15 PM 5:30 PM 5:45 PM								
<b>6:00 PM</b> 6:15 PM 6:30 PM 6:45 PM		Water Exercise 6 – 6:40 pm	Water Exercise 6 – 6:40 pm	Water Exercise 6 – 6:40 pm	Water Exercise 6 – 6:40 pm	Water Exercise 6 – 6:50 pm		
<b>7:00 PM</b> 7:15 PM 7:30 PM 7:45 PM		Aqua Zumba 6:45 – 7:30 pm	Aqua Zumba 6:45 – 7:30 pm	Aqua Arthritis 6:45 – 7:30 pm	Water Exercise 6:45 – 7:30 pm	Aqua Zumba 7 – 7:50 pm		
<b>8:00 PM</b> 8:15 PM 8:30 PM 8:45 PM		Adult Lessons 7:30 – 8:30 pm	Adult Lessons 7:30 – 8:30 pm	Adult Lessons 7:30 – 8:30 pm	Adult Lessons 7:30 – 8:30 pm	Adult Circle Swim 8 – 9 pm		
<b>9:00 PM</b> 9:15 PM 9:30 PM 9:45 PM								

AQUATICS DIRECTOR: Ivy Guerra, [iguerra@ymcanyc.org](mailto:iguerra@ymcanyc.org) or 212-912-2536

Please note: Private swim lessons may be going on at anytime during the day in any lane.

Pool schedule subject to change without notice.