

# **Bronx Indoor Pool Schedule**

## **Spring Session 2**

July 16, 2018 - August 24, 2018

\*\*Effective July 16, 2018\*\*

Maximum of 135 people allowed in the indoor pool area at

Adult laps: For anyone e fifteen and older, no

Family Swim: Is a recreational swim for family

in the viewing area for children ages 9-11 during

recreational swim during this time. It is for swimmers

members only. Parents/ guardian are required to stay

family swim. All children ages 9-11 or that are non-

swimmers must be accompanied in the pool by a

parent/guardian who is dressed in swim attire.

#### Please note: Pool Schedule subject to change without notice please check with the front desk for changes Private Swim Lessons maybe conducted during lap, recreational, and family swim times.

|           | Monday                | Tuesday              | Wednesday            | Thursday             | Friday               |   | Saturday   | Sunday          |  |
|-----------|-----------------------|----------------------|----------------------|----------------------|----------------------|---|--|-----------------|--|
| 5:30am    | Lap Swim              | Lap Swim             | Lap Swim             | Lap Swim             | Lap Swim             | 7:00am                                  | Lap Swim   | Lap Swim        |  |
|           | Adult Rec Swim        | Adult Rec Swim       | Adult Rec Swim       | Adult Rec Swim       | Adult Rec Swim       |   | Adult Rec Swim   | Adult Rec Swim  |  |
|           | 5:30-7:30am           | 5:30-7:30am          | 5:30-7:30am          | 5:30-7:30am          | 5:30-7:30am          |   | 7:00-8:00am  | 7:00-8:00am     |  |
| 7:30am    | Pool Closed           | Pool Closed          | Pool Closed          | Pool Closed          | Pool Closed          | 8:00am                                  | Agua Aerobics  | YMCA Swim Lesso |  |
| 7:45am    | 7:30-7:45 AM          | 7:30-7:45 AM         | 7:30-7:45 AM         | 7:30-7:45 AM         | 7:30-7:45 AM         |   | 8:00 - 8:50am  |                 |  |
|           | Lap Swim              | Lap Swim             | Lap Swim             | Lap Swim             | Lap Swim             |   |  |                 |  |
|           | (Lanes 1,2,3)         | (Lanes 1,2,3)        | (Lanes 1,2,3)        | (Lanes 1,2,3)        | (Lanes 1,2,3)        | 9:00am                                  | YMCA Swin  | Lessons         |  |
| 8:00am    | Lap Swim              | Lap Swim             | Lap Swim             | Lap Swim             | Lap Swim             |   | Lap swim 3   |                 |  |
| 9:00am    | Aqua Aerobics         | Aqua Aerobics        | Aqua Aerobics        | Aqua Aerobics        | Agua Aerobics        | 10:00am                                 | YMCA Swin  | 1 Lessons       |  |
|           | 9:00-9:50 AM          | 9:00-9:50 AM         | 9:00-9:50 AM         | 9:00-9:50 AM         | 9:00-9:50 AM         |   | Lap  | swim 3          |  |
| 10:00am   | YMCA Camp             | YMCA Camp            | Outside Camps        | YMCA Camp            | YMCA Camp            |   |  |                 |  |
|           | •                     |                      |                      |                      |                      | 11:00am                                 | YMCA Swin  | 1 Leccone       |  |
| 11:00am   | 10:00 - 11:50am       | 10:00 - 11:50am      | 10:00 - 11:50am      | 10:00 - 11:50am      | 10:00 - 11:50am      | 1 1:00aiii                              |  | ap swim         |  |
|           | Lap swim 3            | Lap swim 3           | Lap swim 3           | Lap swim 3           | Lap swim 3           |   | 140 E  | ap swiiii       |  |
| 12:00pm   | Aqua Aerobics         | Agua Aerobics        | Agua Aerobics        | Agua Aerobics        | Agua Aerobics        | 12:00pm                                 | YMCA Swin  | Lossons         |  |
| 12:00piii | 12:00-12:50 PM        | 12:00-12:50 PM       | 12:00-12:50 PM       | 12:00-12:50 PM       | 12:00-12:50 PM       | 12:00piii                               |  | ap swim         |  |
|           | Lap swim 1.2          | Lap swim 1,2         | Lap swim 1,2         | Lap swim 1,2         | Lap swim 1,2         |   | NO Lo  | ah amiiii       |  |
| 1:00pm    | YMCA Camp             | YMCA Camp            | Outside Camps        | YMCA Camp            | YMCA Camp            | 1:00pm                                  | Family Swim  | Family Swim     |  |
| 1:00piii  | YMCA Camp             | YMCA Camp            | Outside Camps        | YMCA Camp            | YMCA Camp            | 1:00pm                                  | 1:05-1:55pm  | 1:05-1:55pm     |  |
|           | 1:00 - 3:50pm         | 1:00 - 3:50pm        | 1:00 - 3:50pm        | 1:00 - 3:50pm        | 1:00 - 3:50pm        |   |  | im In,1,2,3     |  |
| 2:00pm    | Lap swim 3            | Lap swim 3           | Lap swim 3           | Lap swim 3           | Lap swim 3           | 2:00pm                                  |  |                 |  |
| 2:00pm    | Lap swilli 3          | Lap swilli 3         | Lap swilli 3         | Lap swill 3          | Lap swilli 5         | 2:00pm YMCA Swim Lessons<br>No Lap swim |  |                 |  |
|           |                       |                      |                      |                      |                      |   | NO La  | ah awiiii       |  |
|           |                       |                      |                      |                      |                      | 3:00pm                                  | YMCA Swin  | 1 Leccons       |  |
| 3:00pm    |                       |                      |                      |                      |                      | No Lap Swim                             |  |                 |  |
|           |                       |                      |                      |                      |                      |   | NO Lap   | , Jwiiii        |  |
|           |                       |                      |                      |                      |                      | 4:00pm                                  | YMCA Swim Lessons  |                 |  |
| 4:00pm    | Family Swim           | Family Swim          | Family Swim          | Family Swim          | Family Swim          |   | No Lap   | Swim            |  |
|           | 4:00 - 4:50pm         | 4:00 - 4:50pm        | 4:00 - 4:50pm        | 4:00 - 4:50pm        | 4:00 - 4:50pm        |   |  |                 |  |
|           | Laps Swim In. 1, 2, 3 | Laps Swim In. 1,2,3  | Laps Swim In.1,2,3   | Laps Swim In.1,2,3   | Laps Swim In.1,2,3   | 5:00pm                                  | Family Swim  | Family Swim     |  |
| 5:00pm    | YMCA Swim Lessons     | YMCA Swim Lessons    | YMCA Swim Lessons    | YMCA Swim Lessons    | YMCA Swim Lessons    |   | 5:00-6:30pm  | 5:00-6:30pm     |  |
|           |                       |                      |                      |                      |                      | 6:00pm                                  | Laps Sw  | im In.1,2,3     |  |
|           | No Lap Swim           | No Lap Swim          | No Lap Swim          | No Lap Swim          | No Lap Swim          |   |  |                 |  |
|           | 5:00 - 6:00pm         | 5:00 - 6:00pm        | 5:00 - 6:00pm        | 5:00 - 6:00pm        | 5:00 - 6:00pm        | 6:30pm                                  |  |                 |  |
| 6:00pm    | YMCA Swim Lessons     | YMCA Swim Lessons    | YMCA Swim Lessons    | YMCA Swim Lessons    | YMCA Swim Lessons    | 7:00pm                                  |  |                 |  |
|           | No Lap Swim           | No Lap Swim          | No Lap Swim          | No Lap Swim          | No Lap Swim          |   | Adult Lap Swim   | Adult Lap Swim  |  |
|           | 6:00 - 7:00pm         | 6:00 - 7:00pm        | 6:00 - 7:00pm        | 6:00 - 7:00pm        | 6:00 - 7:00pm        |   | 6:30-7:30pm  | 6:30-7:30pm     |  |
| 7:00pm    | YMCA Swim Lessons     | YMCA Swim Lessons    | YMCA Swim Lessons    | YMCA Swim Lessons    | YMCA Swim Lessons    | 7:30pm                                  |  |                 |  |
|           | Lap swim (Lane 2, 3)  | Lap swim (Lane 2, 3) | Lap swim (Lane 2, 3) | Lap swim (Lane 2, 3) | Lap swim (Lane 2, 3) | F                                       | Frequently Asked Questions: Depending on your methods of measurement our pool is 75ft in length or 25yds in length. 72 laps in our pool is equivalent to one mile. |                 |  |
|           | 7:00 - 8:00pm         | 7:00 - 8:00pm        | 7:00 - 8:00pm        | 7:00 - 8:00pm        | 7:00 - 8:00pm        |   |  |                 |  |
| 8:00pm    | Family Swim           | Adult Lap Swim       | Aqua Aerobics        | Adult Lap Swim       | Family Swim          |   |  |                 |  |
|           | 8:00-9:00 PM          | 8:00-8:30 PM         | 8:00 -8:50pm         | 8:00-8:30 PM         | 8:00-9:00 PM         |   |  |                 |  |
|           | Lap Swim              |                      | ·                    |                      | Lap Swim             |   |  |                 |  |
|           | (Lanes 1,2,3)         | Agua Aerobics        | 1                    | Agua Aerobics        | (Lanes 1,2,3)        | Ratio of p                              | people to lifeguard is 1:25  |                 |  |
|           |                       |                      |                      |                      |                      |   | All 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.   |                 |  |

8:30 -9:20pm

Adult Lap Swim

9:00 9:30 PM

Adult Lap Swim

9:00 9:30 PM

Adult Lap Swim

9:00 9:30 PM

a time.

**General Pool Information** 

who can do continuous swimming.



9:00pm

### 9:00-9:30 PM "SAFE POOLS HAVE RULES"

Adult Lap Swim

Everyone must shower before entering the pool.

No running in the pool area, walk at all times.

No jumping in the shallow end of the pool.

#### Absolutely no diving

No horse play (play fighting, grabbing)

No bodily discharge (urinating, blowing nose, fecal matter)

No eating or drinking in pool area.

No talking to the Lifeguard while on duty.

Parents are required to stay by the pool for children during family swim wearing proper swim attire.

8:30 -9:20pm

9:00-9:30 PM

Adult Lap Swim

Children under the age 8 must be accompanied by an Adult (18+) in the water

**AQUATICS DIRECTOR:** Nadia Arroyo

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