



# McBurney YMCA Pool Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

1/2/19 - 6/23/19

## LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:30am	5:30am - 7:00am 6 LANES	5:30am - 7:00am 6 LANES	5:30am - 7:00am 6 LANES	5:30am - 7:00am 6 LANES	5:30am - 7:00am 6 LANES	7:00am - 8:30am 4 LANES	7:00am - 8:30am 4 LANES
	7:00am - 8:30am 4 LANES	7:00am - 8:30am 3 LANES	7:00am - 8:30am 4 LANES	7:00am - 8:30am 4 LANES	7:00am - 8:30am 4 LANES	8:30am - 9:00am 6 LANE	8:30am - 10:00am 6 LANES
8:30am-3:00pm		8:30am - 10:00am 6 LANES	8:30am - 10:00am 6 LANES	8:30am - 10:00am 6 LANES		9:00am - 1:00pm 1 LANE	10:00am - 1:00pm 4 LANES
	8:30am - 12:00pm 6 LANES	10:00am - 12:30pm 4 LANES	10:00am - 11:30am 5 LANES	10:00am - 12:45pm 4 LANES	8:30am - 12:00pm 6 LANES	1:00pm - 6:00pm 3 LANES	1:00pm - 5:30pm 3 LANES
	12:00pm - 2:00pm 5 LANES	12:30pm - 2:00pm 5 LANES	11:30am - 12:30pm 3 LANES	12:45pm - 1:30pm 2 LANES	12:00pm - 2:00pm 5 LANES	6:00pm - 8:00pm 5 LANES	5:30pm - 8:00pm 5 LANES
	2:00pm - 3:00pm 6 LANES	2:00pm - 3:00pm 6 LANES	12:30pm - 1:30pm 4 LANES	1:30pm - 3:00pm 6 LANES	2:00pm - 3:00pm 6 LANES		
			1:30pm - 3:00pm 6 LANES				
3:00pm-6:45pm	3:00pm - 3:30pm 5 LANES	3:00pm - 3:30pm 4 LANES	3:00pm - 3:30pm 5 LANES	3:00pm - 3:30pm 5 LANES	3:00pm - 3:30pm 5 LANES	Group lessons and private lessons available. Please check with member services for more information.  Pool Length: 75 ft (25 yds) 7 lanes Minimum depth: 3.5 ft Maximum depth: 9 ft Water temperature: 83-84 degrees	
	3:30pm - 6:45pm 1 LANE	3:30pm - 5:30pm 1 LANE	3:30pm - 6:45pm 1 LANE	3:30pm - 5:30pm 1 LANE	3:30pm - 6:45pm 1 LANE		
		5:30pm - 6:30pm 2 LANES		5:30pm - 6:30pm 2 LANES	6:45pm - 7:30pm 2 LANES		
6:45pm-11:00pm	6:45pm - 8:00pm 2 LANES	6:30pm - 8:00pm 4 LANES	6:45pm - 8:00pm 2 LANES	6:30pm - 8:00pm 4 LANES	7:30pm - 8:00pm 4 LANES		
	8:00pm - 9:00pm 4 LANES	8:00pm - 11:00pm 6 LANES	8:00pm - 9:30pm 4 LANES	8:00pm - 9:00pm 3 LANES	8:00pm - 9:00pm 5 LANES		
	9:00pm - 11:00pm 6 LANES		9:30pm - 11:00pm 6 LANES	9:00pm - 11:00pm 5 LANES	9:00pm - 11:00pm 6 LANES		

## Multi Purpose (Water Jogging, Treading, Water Exercise, etc.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 3:00pm	5:30am - 10:30am	5:30am - 11:30am	5:30am - 10:30am	5:30am - 3:30pm	7:00am - 9:00am	7:00am - 1:00pm
5:30pm - 7:00pm	12:30pm - 3:30pm	12:30pm - 3:30pm	1:30pm - 3:30pm	5:00pm - 6:30pm	1:00pm - 8:00pm**	1:00pm - 8:00pm**
8:00pm - 11:00pm	6:00pm - 8:00pm*	5:30pm - 7:00pm	6:00pm - 8:00pm*	7:30pm - 11:00pm		
	8:00pm - 11:00pm	8:00pm - 11:00pm	8:00pm - 11:00pm**			

Private lessons may occur in Multipurpose lane

\*Combined with Family Swim

\*\*Shallow end only; Combined with Scuba Diving

## Aqua Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00pm - 7:45pm	10:30am - 11:15am*	11:30am - 12:15pm*	10:30am - 11:15am*	6:30pm - 7:15pm	11:00am - 11:45am	
	11:30am - 12:15pm	7:00pm - 7:45pm	11:30am - 12:15pm*		11:45am - 12:30pm	

\*Aqua Exercise for Arthritis

## Family Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am - 10:00am	8:30am - 10:00am	8:30am - 10:00am	8:30am - 10:00am	8:30am - 10:00am	1:00pm - 5:00pm	10:00am - 6:00pm
12:30pm - 2:00pm	12:30pm - 2:00pm	12:30pm - 2:00pm	12:30pm - 2:00pm	12:30pm - 2:00pm		
6:30pm - 8:00pm	5:45pm - 7:30pm	6:30pm - 8:00pm	5:45pm - 7:30pm	6:45pm - 8:00pm		

Schedule subject to change for private lessons. A swim cap is required for all participants in the water. For any questions regarding the pool schedule, please contact Madhur Patel, Aquatics Director at [mpatel@ymcanyc.org](mailto:mpatel@ymcanyc.org) or (212) 912-2321.