



Vanderbilt Pool Schedule

Effective 4/29/19

East Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM 5:15 AM 5:30 AM 5:45 AM							
6:00 AM 6:15 AM 6:30 AM 6:45 AM							
7:00 AM 7:15 AM 7:30 AM 7:45 AM							
8:00 AM 8:15 AM 8:30 AM 8:45 AM							
9:00 AM 9:15 AM 9:30 AM 9:45 AM							
10:00 AM 10:15 AM 10:30 AM 10:45 AM							
11:00 AM 11:15 AM 11:30 AM 11:45 AM	Adult Lessons 11 am - 2 pm Master Swim 2 - 3:30 pm						
12:00 PM 12:15 PM 12:30 PM 12:45 PM			Aqua Cycling 12:00 - 12:45 pm		Aqua Cycling 12:00 - 12:45 pm		
1:00 PM 1:15 PM 1:30 PM 1:45 PM							Adult & Youth Lessons 11 am - 3 pm
2:00 PM 2:15 PM 2:30 PM 2:45 PM		Adult Lap Swim 5 am - 11 pm	Adult Lap Swim 5 am - 11 pm	Adult Lap Swim 5 am - 11 pm	Adult Lap Swim 5 am - 11 pm	Adult Lap Swim 5 am - 11 pm	
3:00 PM 3:15 PM 3:30 PM 3:45 PM							
4:00 PM 4:15 PM 4:30 PM 4:45 PM	Adult Lap Swim 7 am - 8 pm	Swim Club 4:30 - 5:30 pm	Youth Lessons 4 - 5 pm		Youth Lessons 4:15 - 5 pm	Swim Club 4:30 - 5:30 pm	Adult Lap Swim 7 am - 8 pm
5:00 PM 5:15 PM 5:30 PM 5:45 PM				Swim Club 4:30 - 5:30 pm			
6:00 PM 6:15 PM 6:30 PM 6:45 PM							
7:00 PM 7:15 PM 7:30 PM 7:45 PM		Adult Lessons 6:30 - 8:30 pm Aqua Cycling 7:15 - 8 pm	Water Exercise 6 - 7:30 pm Adult Lessons 7:30 - 8:30 pm Pool Rental 8 - 9 pm	Master Swim 7 - 8:30 pm Adult Lessons 7:30 - 8:30 pm		Adult Lessons 6:30 - 7:30 pm Master Swim 7 - 8:30 pm	
8:00 PM 8:15 PM 8:30 PM 8:45 PM					Adult Lessons 6:30 - 7:30 pm Master Swim 7:30 - 9:00 pm		Aqua Cycling will take place in lane 1. Adult & Youth lessons will take place in lanes 4, 5 & 6.
9:00 PM 9:15 PM 9:30 PM 9:45 PM							
10:00 PM 10:15 PM 10:30 PM 10:45 PM							

AQUATICS DIRECTOR: Ivy Guerra, iguerra@ymcany.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.