



Bronx Indoor Pool Schedule

Spring Session 193

April 29 - May 31, 2019

*Please Note: Pool Schedule subject to change without notice. Please check with the Member Services Desk for changes.

**Private Swim Lessons maybe conducted during lap, recreational, and Family Swim times.

Bronx YMCA POOL SCHEDULE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday	Sunday
5:30am	Lap Swim Adult Rec Swim 5:30-7:30am	Lap Swim Adult Rec Swim 5:30-7:30am	Lap Swim Adult Rec Swim 5:30-7:30am	Lap Swim Adult Rec Swim 5:30-7:30am	Lap Swim Adult Rec Swim 5:30-7:30am	7:00am	Lap Swim Adult Rec Swim 7:00-8:00am	Lap Swim Adult Rec Swim 7:00-8:00am
7:30am	Pool Closed 7:30-7:45 AM	Pool Closed 7:30-7:45 AM	Pool Closed 7:30-7:45 AM	Pool Closed 7:30-7:45 AM	Pool Closed 7:30-7:45 AM	8:00am	Aqua Aerobics (lanes 1-2)	YMCA Swim Lessons
8:00am	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	YMCA Swim Lessons		
9:00am	Aqua Aerobics 9:00-9:50 AM	Aqua Aerobics 9:00-9:50 AM	Aqua Aerobics 9:00-9:50 AM	Aqua Aerobics 9:00-9:50 AM	Aqua Aerobics 9:00-9:50 AM	9:00am	YMCA Swim Lessons Lap swim 3	
10:00am	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	10:00am	YMCA Swim Lessons Lap swim 3	
11:00am	Lap swim (Lane 1, 2, 3)		Lap swim (Lane 1, 2, 3)		Lap swim (Lane 1, 2, 3)		11:00am	YMCA Swim Lessons No Lap swim
12:00pm	Aqua Aerobics 12:00-12:50 PM Lap swim 1,2	Aqua Aerobics 12:00-12:50 PM Lap swim 1,2	Aqua Aerobics 12:00-12:50 PM Lap swim 1,2	Aqua Aerobics 12:00-12:50 PM Lap swim 1,2	Aqua Aerobics 12:00-12:50 PM Lap swim 1,2	12:00pm	YMCA Swim Lessons No Lap swim	
1:00pm	Family Swim 1:00 - 4:00pm Laps Swim In. 1,2, 3	Family Swim 1:00 - 4:00pm Laps Swim In. 1,2, 3	Family Swim 1:00 - 3:00pm Laps Swim In. 1,2, 3	Family Swim 1:00 - 4:00pm Laps Swim In. 1,2, 3	Family Swim 1:00 - 4:00pm Laps Swim In. 3,4	1:00pm	Family Swim 1:05-1:55pm	Family Swim 1:05-1:55pm
2:00pm							YMCA Swim Lessons No Lap swim	
3:00pm							YMCA Swim Lessons No Lap Swim	
4:00pm	YMCA Swim Lessons Lap swim (Lane 3)	YMCA Swim Lessons Lap swim (Lane 3)	YMCA Swim Lessons Lap swim (Lane 3)	YMCA Swim Lessons Lap swim (Lane 3)	YMCA Swim Lessons No Lap Swim	4:00pm	YMCA Swim Lessons No Lap Swim	
5:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 7:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 7:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 7:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 7:00pm	YMCA Swim Lessons No Lap Swim 5:00 - 7:00pm	5:00pm	Family Swim 5:00-7:00pm	Family Swim 5:00-7:00pm
6:00pm	YMCA Swim Lessons Lap swim (Lane 3) 6:00 - 7:00pm	YMCA Swim Lessons Lap Swim Lanes 3 6:00 - 7:00pm	YMCA Swim Lessons Lap Swim Lanes 3 6:00 - 7:00pm	YMCA Swim Lessons Lap swim 3 6:00 - 7:00pm	YMCA Swim Lessons No Lap Swim 6:00 - 7:00pm	6:00pm	Laps Swim In. 2,3	
7:00pm	YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	6:30pm		
8:00pm	Family Swim 8:00-9:00 PM Lap Swim (Lanes 1,2,3)	Adult Lap Swim 8:00-8:30 PM	Aqua Aerobics 8:00 - 8:50pm	Adult Lap Swim 8:00-8:30 PM	Family Swim 8:00-9:00 PM Lap Swim (Lanes 1,2,3)	7:00pm	Adult Lap Swim 6:30-7:30pm	Adult Lap Swim 6:30-7:30pm
9:00pm	Adult Lap Swim 9:00-9:30 PM	Adult Lap Swim 9:00-9:30 PM	Adult Lap Swim 9:00 9:30 PM	Adult Lap Swim 9:00 9:30 PM	Adult Lap Swim 9:00 9:30 PM	7:30pm		

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.
 Ratio of people to lifeguard is 1:25
 Maximum of 135 people allowed in the indoor pool area at a time.

General Pool Information

Adult laps: For anyone e fifteen and older, no recreational swim during this time. It is for swimmers who can do continuous swimming.

Family Swim: Is a recreational swim for family members only. Parents/ guardian are required to stay in the viewing area for children **ages 9-11** during 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.

"SAFE POOLS HAVE RULES"

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

AQUATICS DIRECTOR: Nadia Arroyo
Narroyo@ymcanyc.org or 212-912-2492

