



# Vanderbilt Pool Schedule

Effective 6/11/19

## West Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00 AM</b> 7:15 AM 7:30 AM 7:45 AM		<b>Water Exercise</b> 7 - 7:45 am	<b>Water Exercise</b> 7 - 7:45 am	<b>Water Exercise</b> 7 - 7:45 am	<b>Water Exercise</b> 7 - 7:45 am	<b>Water Exercise</b> 7 - 7:45 am	
<b>8:00 AM</b> 8:15 AM 8:30 AM 8:45 AM	<b>Adult Circle Swim &amp; Private swim lessons</b> 8 - 8:50 am	<b>Adult Circle Swim</b> 8 - 10:50 am	<b>Adult Circle Swim</b> 8 - 9:50 am	<b>Adult Circle Swim</b> 8 - 9:50 am	<b>Adult Circle Swim</b> 8 - 10:50 am	<b>Adult Circle Swim</b> 8 - 9:50 am	<b>Adult Circle Swim &amp; Private swim lessons</b> 8 - 8:50 am
<b>9:00 AM</b> 9:15 AM 9:30 AM 9:45 AM	<b>Adult &amp; Youth Lessons</b> 9:00 am - 1 pm		<b>Youth Lessons</b> 10 - 11 am	<b>Youth Lessons</b> 10 - 11 am		<b>Pool Rental</b> 10 - 11 am	<b>Youth Lessons</b> 9:00 am - 1:00 pm
<b>10:00 AM</b> 10:15 AM 10:30 AM 10:45 AM		<b>Aqua Arthritis</b> 11 - 11:45 am	<b>Aqua Arthritis</b> 11 - 11:45 am	<b>Aqua Arthritis</b> 11 - 11:45 am	<b>Aqua Arthritis</b> 11 - 11:45 am		
<b>11:00 AM</b> 11:15 AM 11:30 AM 11:45 AM		<b>Water Exercise</b> 12 - 12:45 pm	<b>Water Exercise</b> 12 - 12:45 pm	<b>Aqua Kickboxing</b> 12 - 12:45 pm	<b>Water Exercise</b> 12 - 12:45 pm	<b>Water Exercise</b> 12:15 - 1:00 pm	
<b>12:00 PM</b> 12:15 PM 12:30 PM 12:45 PM	<b>Birthday Parties</b> 1:15 - 2:15 pm	<b>Adult Circle Swim</b> 1 - 4:50 pm	<b>Youth Lessons</b> 1 - 1:50 pm	<b>Youth Lessons</b> 1 - 1:50 pm	<b>Adult Circle Swim</b> 1 - 3:50 pm	<b>Adult Circle Swim</b> 1 - 4:50 pm	<b>Family Swim</b> 1 - 6 pm
<b>1:00 PM</b> 1:15 PM 1:30 PM 1:45 PM			<b>Adult Circle Swim</b> 2 - 3 pm	<b>Pool Rental</b> 2 - 3 pm			
<b>2:00 PM</b> 2:15 PM 2:30 PM 2:45 PM	<b>Family Swim</b> 2:30 - 6 pm	<b>Adult Circle Swim</b> 1 - 4:50 pm	<b>Early Childhood</b> 3 - 4 pm	<b>Early Childhood</b> 3 - 4 pm	<b>Adult Circle Swim</b> 1 - 3:50 pm	<b>Adult Circle Swim</b> 1 - 4:50 pm	<b>Family Swim</b> 1 - 6 pm
<b>3:00 PM</b> 3:15 PM 3:30 PM 3:45 PM			<b>Youth Lessons</b> 4 - 5 pm	<b>Youth Lessons</b> 4 - 5 pm			
<b>4:00 PM</b> 4:15 PM 4:30 PM 4:45 PM	<b>Youth Swim</b> 4 - 6 pm	<b>Family Swim</b> 5 - 5:55 pm	<b>Youth Lessons</b> 4 - 5 pm	<b>Youth Lessons</b> 4 - 5 pm	<b>Family Swim</b> 5 - 5:55 pm	<b>Family Swim</b> 5 - 5:55 pm	<b>Youth Swim</b> 4 - 6 pm
<b>5:00 PM</b> 5:15 PM 5:30 PM 5:45 PM			<b>Family Swim</b> 5 - 5:55 pm	<b>Family Swim</b> 5 - 5:55 pm			
<b>6:00 PM</b> 6:15 PM 6:30 PM 6:45 PM		<b>Water Exercise</b> 6 - 6:40 pm	<b>Water Exercise</b> 6 - 6:40 pm	<b>Water Exercise</b> 6 - 6:40 pm	<b>Deep Water Running</b> 6 - 6:40 pm	<b>Deep Water Running</b> 6 - 6:40 pm	
<b>7:00 PM</b> 7:15 PM 7:30 PM 7:45 PM		<b>Aqua Zumba</b> 6:45 - 7:30 pm	<b>Aqua Zumba</b> 6:45 - 7:30 pm	<b>Aqua Zumba</b> 6:45 - 7:30 pm	<b>Aqua Kickboxing</b> 6:45 - 7:30 pm	<b>Aqua Kickboxing</b> 6:45 - 7:30 pm	
<b>8:00 PM</b> 8:15 PM 8:30 PM 8:45 PM		<b>Adult Lessons</b> 7:30 - 8:30 pm	<b>Adult Lessons</b> 7:30 - 8:30 pm	<b>Adult Lessons</b> 7:30 - 8:30 pm	<b>Adult Lessons</b> 7:30 - 8:30 pm	<b>Adult Circle Swim</b> 7:30 - 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.