



swim times.

Bronx Indoor Pool Schedule

with the front desk for changes Private Swim Lessons maybe conducted during lap, recreational, and family

Please note: Pool Schedule subject to change without notice please check

Summer Session 1

July 1, 2019 - July 31, 2019

Effective July 1, 2019 Saturday

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

swimmers must be accompanied in the pool by a

parent/guardian who is dressed in swim attire.

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

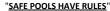
recreational swim during this time. It is for swimmers

members only. Parents/ guardian are required to stay

who can do continuous swimming.

Sunday

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
5:30am	Lap Swim	7:00am	Lap Swim	Lap 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	8:00am	Aqua Aerobics (5,6)	YMCA Swim Lessons					
	7:30-8:00 AM		8:00 - 8:50am						
7:45am	Lap Swim								
	(Lanes 1,2,3)	9:00am	YMCA Swim	Lessons					
8:00am	YMCA Swim Lessons		YMCA Swim Lessons				Lap swim 3		
9:00am	Agua Aerobics	10:00am	YMCA Swim	Lessons					
	9:00-9:50 AM		No La	p swim					
10:00am	YMCA Camp	YMCA Camp	Outside Camps	YMCA Camp	YMCA Camp				
			•		•	11:00am	YMCA Swim	Lessons	
11:00am	10:00 - 11:50am	11.00aiii		p swim					
i i:ooaiii	Lap swim 3		NO La	b awiiii					
12:00pm	Aqua Aerobics	Agua Aerobics	Agua Aerobics	Aqua Aerobics	Aqua Aerobics	12:00pm	YMCA Swim	Laccona	
12:00pm	12:00-12:50 PM	12:00pm	_	Lessons p swim					
							No Lap	h amiiil	
1.00	Lap swim 1,2	1.00		c : (c c)					
1:00pm	YMCA Camp	YMCA Camp	Outside Camps	YMCA Camp	YMCA Camp	1:00pm		Swim (5,6)	
	1:00 - 3:50pm	1:00 - 3:50pm	1:00 - 3:30pm	1:00 - 3:50pm	1:00 - 3:50pm		1:05-1:55pm	1:05-1:55pm m In. 2,3	
2.00						2.00			
2:00pm	Lap swim 3	2:00pm	YMCA Swim						
							No Lap	p swim	
						3:00pm	YMCA Swim	Laccona	
3:00pm						Lap swim 3			
J.00piii			Family Swim (5,6)				Lups	wiiii 5	
			3:30 - 4:50pm			4:00pm	YMCA Swim Lessons		
4:00pm	Family Swim (5,6)	Family Swim (5,6)		Family Swim (5.6)	Family Swim (5,6)			wim 3	
	4:00 - 4:50pm	4:00 - 4:50pm		4:00 - 4:50pm	4:00 - 4:50pm		· ·		
	Laps Swim In. 2,3	Laps Swim In. 2,3	Laps Swim In 2,3	Laps Swim In. 2,3	Laps Swim In. 2,3	5:00pm	Family Swim	Family Swim	
5:00pm	YMCA Swim Lessons	·	5:00-6:30pm	5:00-6:30pm					
						6:00pm	Laps Swi		
	Lap swim (Lane 3)	No Lap Swim		·	,				
	5:00 - 6:00pm	6:30pm							
6:00pm	YMCA Swim Lessons	7:00pm							
- · F · · ·	No Lap Swim	No Lap Swim	No Lap Swim	Lap swim (Lane 3)	No Lap Swim		Adult Lap Swim	Adult Lap Swim	
	6:00 - 7:00pm		6:30-7:30pm	6:30-7:30pm					
7:00pm	YMCA Swim Lessons	7:30pm	0.50 7.50p	0.50 7.50pl					
· · · · · ·	Lap swim (Lane 2, 3)								
4	7:00 - 8:00pm		Frequently Asked Questions:						
8:00pm	Family Swim	Adult Lap Swim	Aqua Aerobics	Adult Lap Swim	Family Swim		Depending on your methods of measurement our pool is		
	8:00-9:00 PM	8:00-8:30 PM	8:00 -8:50pm	8:00-8:30 PM	8:00-9:00 PM		75ft in length or 25yds in length. 72 laps in our pool is equivalent to one mile.		
	Lap Swim	0.00 0.30 1 111	0.00 0.30piii	0.00 0.30 1111	Lap Swim	72 laps in			
	(Lanes 1,2,3)	Aqua Aerobics		Aqua Aerobics	(Lanes 1,2,3)	Ratio of p	Ratio of people to lifeguard is 1:25		
]	(Lalles 1,2,3)	8:30 -9:20pm		8:30 -9:20pm	(Lailes 1,2,3)		of 135 people allowed in t	the indoor pool area at	
9:00pm	Adult Lan Sudan	· '	Adula Lan Eviller		Adula Lau Sudi	a time.	· p p		
5:OOPm	Adult Lap Swim								
	9:00-9:30 PM	9:00-9:30 PM	9:00 9:30 PM	9:00 9:30 PM	9:00 9:30 PM	General F	ool Information		



No jumping in the shallow end of the pool.

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

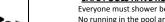
No talking to the Lifeguard while on duty.

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



Everyone must shower before entering the pool. No running in the pool area, walk at all times.

Absolutely no diving

No horse play (play fighting, grabbing)

No eating or drinking in pool area.