



Bronx Indoor Pool Schedule

Summer Schedule Update

August 1, 2019 - August 25, 2019

Please note: Pool Schedule subject to change without notice please check with the front desk for changes Private Swim Lessons maybe conducted during lap, recreational, and family swim times.

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Bronx YMCA POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		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 8:00 - 8:50am	YMCA Swim Lessons
7:45am	Lap Swim (Lanes 1,2,3)	Lap Swim (Lanes 1,2,3)	Lap Swim (Lanes 1,2,3)	Lap Swim (Lanes 1,2,3)	Lap Swim (Lanes 1,2,3)	9:00am	YMCA Swim Lessons Lap swim 3	
8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	10:00am	YMCA Swim Lessons No Lap swim	
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	11:00am	YMCA Swim Lessons No Lap swim	
10:00am	YMCA Camp	YMCA Camp	Outside Camps	YMCA Camp	YMCA Camp	12:00pm	YMCA Swim Lessons No Lap swim	
11:00am	10:00 - 11:50am Lap swim 3	10:00 - 11:50am Lap swim 3	10:00 - 11:50am Lap swim 3	10:00 - 11:50am Lap swim 3	10:00 - 11:50am Lap swim 3	1:00pm	Family Swim 1:05-1:55pm	Family Swim 1:05-1:55pm
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	2:00pm	YMCA Swim Lessons No Lap swim	
1:00pm	YMCA Camp 1:00 - 3:50pm Lap swim 3	YMCA Camp 1:00 - 3:50pm Lap swim 3	Outside Camps 1:00 - 3:30pm Lap swim 3	YMCA Camp 1:00 - 3:50pm Lap swim 3	YMCA Camp 1:00 - 3:50pm Lap swim 3	3:00pm	YMCA Swim Lessons Lap swim 3	
2:00pm			Family Swim 3:00 - 3:50pm Laps Swim In.3			4:00pm	YMCA Swim Lessons Lap swim 3	
3:00pm						5:00pm	Family Swim 5:00-6:30pm	Family Swim 5:00-6:30pm
4:00pm	Family Swim 4:00 - 4:50pm Laps Swim In.3	Family Swim 4:00 - 4:50pm Laps Swim In.3	YMCA Swim Lessons 4:00 - 4:50pm Laps Swim In.1,2,3	Family Swim 4:00 - 4:50pm Laps Swim In. 3	YMCA Swim Lessons 4:00 - 4:50pm Laps Swim In.1,2,3	6:00pm	Laps Swim In. 1,2,3	
5:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 6:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 6:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 6:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 6:00pm	YMCA Swim Lessons Lap swim (Lane 3) 5:00 - 6:00pm	7:00pm	Adult Lap Swim 6:30-7:30pm	Adult Lap Swim 6:30-7:30pm
6:00pm	YMCA Swim Lessons No Lap Swim 6:00 - 7:00pm	YMCA Swim Lessons No Lap Swim 6:00 - 7:00pm	YMCA Swim Lessons No Lap Swim 6:00 - 7:00pm	YMCA Swim Lessons Lap swim (Lane 3) 6:00 - 7:00pm	YMCA Swim Lessons No Lap Swim 6:00 - 7:00pm	7:30pm		
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	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		
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 8:30 -9:20pm	Aqua Aerobics 8:00 -8:50pm	Adult Lap Swim 8:00-8:30 PM Aqua Aerobics 8:30 -9:20pm	Family Swim 8:00-9:00 PM Lap Swim (Lanes 1,2,3)			
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			

"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

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.

