



Bronx Indoor Pool Schedule

Summer Schedule

August 26, 2019 - September 2, 2019

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

On Labor Day will follow a weekend schedule

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 7:00-11:00am	Lap Swim Adult Rec Swim 7:00-11:00am
7:30am	Pool Closed 7:30-8:00 AM	Pool Closed 7:30-8:00 AM	Pool Closed 7:30-8:00 AM	Pool Closed 7:30-8:00 AM	Pool Closed 7:30-8:00 AM	8:00am		
8:00am	Lap Swim Adult Rec Swim 8:00-11:00am	Lap Swim Adult Rec Swim 8:00-11:00am	Lap Swim Adult Rec Swim 8:00-11:00am	Lap Swim Adult Rec Swim 8:00-11:00am	Lap Swim Adult Rec Swim 8:00-11:00am	9:00am		
9:00am						10:00am		
10:00am								
11:00am	Family Swim 11:00-12:30 PM	Family Swim 11:00-12:30 PM	Family Swim 11:00-12:30 PM	Family Swim 11:00-12:30 PM	Family Swim 11:00-12:30 PM	11:00am	Family Swim 11:00-12:30 PM	Lap Swim (Lanes 1,2,3)
12:00pm	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)	12:00pm	Lap Swim Adult Rec Swim 12:30 - 1:00pm	
12:30pm	Lap Swim Adult Rec Swim 12:30 - 1:00pm	Lap Swim Adult Rec Swim 12:30 - 1:00pm	Lap Swim Adult Rec Swim 12:30 - 1:00pm	Lap Swim Adult Rec Swim 12:30 - 1:00pm	Lap Swim Adult Rec Swim 12:30 - 1:00pm	1:00pm	Family Swim 1:30-2:30 PM Lap Swim (Lanes 1,2,3)	
1:00pm	Family Swim 1:00-2:30 PM	Family Swim 1:30-2:30 PM	Family Swim 1:30-2:30 PM	Family Swim 1:30-2:30 PM	Family Swim 1:30-2:30 PM	2:00pm	Lap Swim Adult Rec Swim 2:30 - 3:00pm	
2:00pm	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)	3:00pm	Family Swim 3:00-4:30 PM Lap Swim (Lanes 1,2,3)	
2:30pm	Lap Swim Adult Rec Swim 2:30 - 3:00pm	Lap Swim Adult Rec Swim 2:30 - 3:00pm	Lap Swim Adult Rec Swim 2:30 - 3:00pm	Lap Swim Adult Rec Swim 2:30 - 3:00pm	Lap Swim Adult Rec Swim 2:30 - 3:00pm	3:00pm	Lap Swim Adult Rec Swim 4:30 - 5:00pm	
3:00pm	Family Swim 3:00-4:30 PM	Family Swim 3:00-4:30 PM	Family Swim 3:00-4:30 PM	Family Swim 3:00-4:30 PM	Family Swim 3:00-4:30 PM	3:30pm	Family Swim 5:00-6:30 PM Lap Swim (Lanes 1,2,3)	
4:00pm	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)	4:00pm	Lap Swim Adult Rec Swim 6:30 - 7:30pm	
4:30pm	Lap Swim Adult Rec Swim 4:30 - 5:00pm	Lap Swim Adult Rec Swim 4:30 - 5:00pm	Lap Swim Adult Rec Swim 4:30 - 5:00pm	Lap Swim Adult Rec Swim 4:30 - 5:00pm	Lap Swim Adult Rec Swim 4:30 - 5:00pm	4:30pm		
5:00pm	Family Swim 5:00-6:30 PM Lap Swim (Lanes 1,2,3)	Family Swim 5:00-6:30 PM Lap Swim (Lanes 1,2,3)	Family Swim 5:00-6:30 PM Lap Swim (Lanes 1,2,3)	Family Swim 5:00-6:30 PM Lap Swim (Lanes 1,2,3)	Family Swim 5:00-6:30 PM Lap Swim (Lanes 1,2,3)	5:00pm		
6:30pm	Lap Swim Adult Rec Swim 6:30 - 7:00pm	Lap Swim Adult Rec Swim 6:30 - 7:00pm	Lap Swim Adult Rec Swim 6:30 - 7:00pm	Lap Swim Adult Rec Swim 6:30 - 7:00pm	Lap Swim Adult Rec Swim 6:30 - 7:00pm	6:30pm		
7:00pm	Family Swim 7:00-8:30 PM Adult Rec Swim 8:30 - 9:30pm	Family Swim 7:00-8:30 PM Adult Rec Swim 8:30 - 9:30pm	Family Swim 7:00-8:30 PM Adult Rec Swim 8:30 - 9:30pm	Family Swim 7:00-8:30 PM Adult Rec Swim 8:30 - 9:30pm	Family Swim 7:00-8:30 PM Adult Rec Swim 8:30 - 9:30pm	7:30pm		
8:30pm								
9:30pm								

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.
Swim classes: Are **only** for participants who are registered for swim lessons.

"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.

AQUATICS DIRECTOR: Nadia Arroyo

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