



Vanderbilt Pool Schedule

East Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM 5:15 AM 5:30 AM 5:45 AM							
6:00 AM 6:15 AM 6:30 AM 6:45 AM							
7:00 AM 7:15 AM 7:30 AM 7:45 AM							
8:00 AM 8:15 AM 8:30 AM 8:45 AM							
9:00 AM 9:15 AM 9:30 AM 9:45 AM							
10:00 AM 10:15 AM 10:30 AM 10:45 AM							
11:00 AM 11:15 AM 11:30 AM 11:45 AM							
12:00 PM 12:15 PM 12:30 PM 12:45 PM	Adult Lessons 11:00 am - 2:00 pm	Aqua Cycling 12:00 - 12:45 pm		Aqua Cycling 12:00 - 12:45 pm			Adult & Youth Lessons 11:00 am - 3:00 pm
1:00 PM 1:15 PM 1:30 PM 1:45 PM	Master Swim 2:00 - 3:30 pm						
2:00 PM 2:15 PM 2:30 PM 2:45 PM		Adult Lap Swim 5:00 am - 11:00 pm	Adult Lap Swim 5:00 am - 11:00 pm	Adult Lap Swim 5:00 am - 11:00 pm	Adult Lap Swim 5:00 am - 11:00 pm	Adult Lap Swim 5:00 am - 11:00 pm	
3:00 PM 3:15 PM 3:30 PM 3:45 PM							
4:00 PM 4:15 PM 4:30 PM 4:45 PM	Adult Lap Swim 7:00 am - 8:00 pm	Aquatics Conditioning 4:30 - 5:30 pm	Youth Lessons 4:15 - 5:00 pm	Aquatics Conditioning 4:30 - 5:30 pm	Youth Lessons 4:15 - 5:00 pm	Aquatics Conditioning 4:30 - 5:30 pm	Adult Lap Swim 7:00 am - 8:00 pm
5:00 PM 5:15 PM 5:30 PM 5:45 PM							
6:00 PM 6:15 PM 6:30 PM 6:45 PM			Aqua Cycling 6:15 - 7:00 pm				
7:00 PM 7:15 PM 7:30 PM 7:45 PM		Adult Lessons 6:30 - 8:30 pm		Master Swim 7:00 - 8:30 pm	Adult Lessons 6:30 - 7:30 pm		
8:00 PM 8:15 PM 8:30 PM 8:45 PM		Master Swim 7:30 - 9:00 pm	Adult Lessons 7:30 - 8:30 pm	Adult Lessons 7:30 - 8:30 pm		Master Swim 7:00 - 8:30 pm	
9:00 PM 9:15 PM 9:30 PM 9:45 PM							Aqua Cycling will take place in lane 1.
10:00 PM 10:15 PM 10:30 PM 10:45 PM							Adult & Youth lessons will take place in lanes 4, 5 & 6.

AQUATICS DIRECTOR: Ivy Guerra, 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.