

Bronx Indoor Pool Schedule

Fall Session

October 28, 2019 - November 30, 2019

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

Narroyo@ymcanyc.org or 212-912-2492

imes	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday	Sunday
i:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:00am	Lap Swim	Lap Swim
	Adult Rec Swim	Adult Rec Swim	Adult Rec Swim	Adult Rec 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
:30am	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	8:00am	Aqua Aerobics	YMCA Swim Lesso
	7:30-7:45 AM	7:30-7:45 AM	7:30-7:45 AM	7:30-7:45 AM	7:30-7:45 AM		(lanes 5-6)	
							YMCA Swim Lessons	
					9:00am	YMCA Swim	lessons	
:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap swim 3	
	•		•	•				·
	Adult Rec Swim	Adult Rec Swim	Adult Rec Swim	Adult Rec Swim	Adult Rec Swim			
:00am	Agua Aerobics	Agua Aerobics	Agua Aerobics	Agua Aerobics	Aqua Aerobics	10:00am	YMCA Swim	Lessons
	9:00-9:50 AM	9:00-9:50 AM	9:00-9:50 AM	9:00-9:50 AM	9:00-9:50 AM			pswim 3
0:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
	Adult Rec Swim	Adult Rec Swim	Adult Rec Swim	Adult Rec Swim	Adult Rec Swim	11:00am	YMCA Swim	Lessons
1:00am	(Lane 1, 2, 3)	(Lane 1, 2, 3)	(Lane 1, 2, 3)	(Lane 1, 2, 3)	(Lane 1, 2, 3)	11:00am		Lap swim
1:00am	(Lane 1, 2, 3)	(Lane 1, 2, 3)	(Lane 1, 2, 3)	(Lane 1, 2, 3)	(Lane 1, 2, 3)	-		
2:00pm	Agua Aerobics	Aqua Aerobics	Aqua Aerobics	Agua Aerobics	Agua Aerobics	12:00pm	YMCA Swim	Lessons
pm	12:00-12:50 PM	12:00-12:50 PM	12:00-12:50 PM	12:00-12:50 PM	12:00-12:50 PM	· 2.00pm		Lap swim
	Lap swim 1,2	Lap swim 1,2	Lap swim 1,2	Lap swim 1,2	Lap swim 1,2		NU	
:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim 1,2	1:00pm	Family Swim	Family Swim
.oopiii	1:00 - 3:50pm	1:00 - 3:50pm	1:00 - 3:50pm	1:00 - 3:50pm	1:00 - 3:50pm	1.00pm	1:05-2:00pm	1:05-2:00pm
	Laps Swim In. 3,4	Laps Swim In. 3,4	Laps Swim In. 1, 2, 3	Laps Swim In. 3,4	Laps Swim In. 3,4			Swim In.3,4
:00pm			Lups Swim m. 1,2, 5			2:00pm	YMCA Swim	
						2.00pm		Lap swim
							110	Lup Swim
						3:00pm	YMCA Swim	Lessons
:00pm							No Lap	
						4:00pm	YMCA Swim	Lessons
:00pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		No Lap	Swim
	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm			
	-			-	-	5:00pm	Family Swim	Family Swim
:00pm	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons		4:00-6:30pm	5:00-6:30pm
	No Lap Swim	Lap swim (Lane 3)	No Lap Swim	Lap swim (Lane 3)	No Lap Swim	6:00pm	Laps	Swim In.2,3
	5:00 - 7:00pm	5:00 - 7:00pm	5:00 - 7:00pm	5:00 - 7:00pm	5:00 - 7:00pm			
						6:30pm		
			VMCA Cuim Language	YMCA Swim Lessons	YMCA Swim Lessons	7:00pm		
:00pm	YMCA Swim Lessons	YMCA Swim Lessons	YMCA Swim Lessons					Adult Lap Swim
i:00pm	YMCA Swim Lessons Lap swim (Lane 3)	YMCA Swim Lessons Lap swim (Lane 3)	No Lap Swim	Lap swim 3	No Lap Swim		Adult Lap Swim	Addit Lup Swim
-					No Lap Swim 6:00 - 7:00pm		Adult Lap Swim 6:30-7:30pm	6:30-7:30pm
::00pm /:00pm	Lap swim (Lane 3)	Lap swim (Lane 3)	No Lap Swim 6:00 - 7:00pm Family Swim	Lap swim 3		7:30pm		
-	Lap swim (Lane 3) 6:00 - 7:00pm	Lap swim (Lane 3) 6:00 - 7:00pm	No Lap Swim 6:00 - 7:00pm	Lap swim 3 6:00 - 7:00pm	6:00 - 7:00pm		6:30-7:30pm	
-	Lap swim (Lane 3) 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 Family Swim	Lap swim 3 6:00 - 7:00pm YMCA Swim Lessons	6:00 - 7:00pm YMCA Swim Lessons	Frequen	6:30-7:30pm	6:30-7:30pm
:00pm	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3)	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim	No Lap Swim 6:00 - 7:00pm Family Swim 7:00-7:50 pm	Lap swim 3 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 3)	6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim	• <u>Frequen</u> Dependi	6:30-7:30pm Ily Asked Questions: ng on your methods of meas	6:30-7:30pm
:00pm	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	Lap swim (Lane 3) <u>6:00 - 7:00pm</u> YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	No Lap Swim 6:00 - 7:00pm Family Swim 7:00-7:50 pm Lap swim (Lane 1, 2, 3)	Lap swim 3 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 3) 7:00 - 8:00pm	6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm	• <u>Frequen</u> Dependi 75ft in le	6:30-7:30pm tly Asked Questions: ng on your methods of meas ngth or 25yds in length.	6:30-7:30pm
:00pm	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim	Lap swim (Lane 3) <u>6:00 - 7:00pm</u> YMCA Swim Lessons Lap swim (Lane 2, 3) <u>7:00 - 8:00pm</u> <u>Family Swim</u> <u>7:00-8:20 PM</u> Lap swim (Lane 2, 3)	No Lap Swim 6:00 - 7:00pm Family Swim 7:00-7:50 pm Lap swim (Lane 1, 2, 3) Aqua Aerobics	Lap swim 3 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 3) 7:00 - 8:00pm Family Swim 7:00-8:20 PM Lap swim (Lane 2, 3)	6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim	• <u>Frequen</u> Dependi 75ft in le 72 laps ir	6:30-7:30pm tly Asked Questions: ng on your methods of meas ngth or 25yds in length. n our pool is equivalent to or	6:30-7:30pm
:00pm	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:10-8:20 pm	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:00-8:20 PM Lap swim (Lane 2, 3) Aqua Aerobics	No Lap Swim 6:00 - 7:00pm Family Swim 7:00-7:50 pm Lap swim (Lane 1, 2, 3) Aqua Aerobics	Lap swim 3 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 3) 7:00 - 8:00pm Family Swim 7:00-8:20 PM Lap swim (Lane 2, 3) Aqua Aerobics	6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:10-8:20 PM	Frequen Dependi 75ft in le 72 laps in Ratio of	6:30-7:30pm tly Asked Questions: ng on your methods of meas ngth or 25yds in length. n our pool is equivalent to or people to lifeguard is 1:25	6:30-7:30pm surement our pool is ne mile.
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:00pm :00pm	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:10-8:20 pm Lap swim (Lane 2, 3) Adult Lap Swim 8:30-9:30 PM "SAFE POOLS HAVE RULES Everyone must shower befor	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:00-8:20 PM Lap swim (Lane 2, 3) Aqua Aerobics 8:30 -9:20pm Adult Lap Swim 8:30-9:30 PM " e entering the pool.	No Lap Swim 6:00 - 7:00pm Family Swim 7:00-7:50 pm Lap swim (Lane 1, 2, 3) Aqua Aerobics 8:00 -8:50pm Adult Lap Swim	Lap swim 3 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 3) 7:00 - 8:00pm Family Swim 7:00-8:20 PM Lap swim (Lane 2, 3) Aqua Aerobics 8:30 -9:20pm Adult Lap Swim	6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:10-8:20 PM Lap swim (Lane 2, 3) Adult Lap Swim	Frequen Dependi 75ft in le 72 laps in Ratio of Maximun a time. <u>General</u> Adult lar recreatic	6:30-7:30pm tly Asked Questions: ng on your methods of meas ngth or 25yds in length. n our pool is equivalent to or people to lifeguard is 1:25 n of 135 people allowed in t Pool Information us: For anyone e fifteen and of	6:30-7:30pm surement our pool is ne mile. he indoor pool area at older, no
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:00pm :00pm	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:10-8:20 pm Lap swim (Lane 2, 3) Adult Lap Swim 8:30-9:30 PM "SAFE POOLS HAVE RULES Everyone must shower befor No running in the pool area, No jumping in the shallow en	Lap swim (Lane 3) 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:00-8:20 PM Lap swim (Lane 2, 3) Aqua Aerobics 8:30 - 9:20pm Adult Lap Swim 8:30-9:30 PM "" e entering the pool. walk at all times.	No Lap Swim 6:00 - 7:00pm Family Swim 7:00-7:50 pm Lap swim (Lane 1, 2, 3) Aqua Aerobics 8:00 -8:50pm Adult Lap Swim	Lap swim 3 6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 3) 7:00 - 8:00pm Family Swim 7:00-8:20 PM Lap swim (Lane 2, 3) Aqua Aerobics 8:30 -9:20pm Adult Lap Swim	6:00 - 7:00pm YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm Family Swim 7:10-8:20 PM Lap swim (Lane 2, 3) Adult Lap Swim	Frequen Dependi 75ft in le 72 laps in Ratio of Maximu a time. General Adult lay recreatio who can Family S	6:30-7:30pm tly Asked Questions: ag on your methods of meass ngth or 25yds in length. n our pool is equivalent to or people to lifeguard is 1:25 m of 135 people allowed in t Pool Information bas: For anyone e fifteen and din nal swim during this time. It do continuous swimming.	6:30-7:30pm surement our pool is ne mile. he indoor pool area at older, no is for swimmers for family
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