



# Bronx Indoor Pool Schedule

201- Winter Session

January 2, 2020 - February 23, 2020

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

Winter 2020

Bronx YMCA POOL SCHEDULE

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

**Frequently Asked Questions:**  
 - Depending on your method 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

**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.  
 Children under the age 8 must be accompanied by an Adult (18+) in the water  
 \*Pool may be closed for events. Please check website for updates.

**AQUATICS DIRECTOR: Nadia Arroyo**  
[Narroyo@ymcanc.org](mailto:Narroyo@ymcanc.org) or 212-912-2492

