



# Vanderbilt Pool Schedule

## West Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>7:00 AM</b> 7:15 AM 7:30 AM 7:45 AM		<b>Water Exercise</b> 7:00 - 7:45 am	<b>Water Exercise</b> 7:00 - 7:45 am	<b>Water Exercise</b> 7:00 - 7:45 am	<b>Water Exercise</b> 7:00 - 7:45 am	<b>Water Exercise</b> 7:00 - 7:45 am		
<b>8:00 AM</b> 8:15 AM 8:30 AM 8:45 AM	<b>Lap Swim (All Ages) &amp; Private Swim Lessons</b> 8:00 - 8:50 am		<b>Lap Swim (All Ages)</b> 8:00 - 9:50 am	<b>Lap Swim (All Ages)</b> 8:00 - 9:50 am		<b>Lap Swim (All Ages)</b> 8:00 - 9:50 am	<b>Lap Swim (All Ages) &amp; Private Swim Lessons</b> 8:00 - 8:50 am	
<b>9:00 AM</b> 9:15 AM 9:30 AM 9:45 AM	<b>Adult &amp; Youth Lessons</b> 9:00 am - 1:00 pm	<b>Lap Swim (All Ages)</b> 8:00 - 10:50 am			<b>Lap Swim (All Ages)</b> 8:00 - 10:50 am		<b>Youth Lessons</b> 9:00 am - 1:00 pm	
<b>10:00 AM</b> 10:15 AM 10:30 AM 10:45 AM			<b>Youth Lessons</b> 10:00 - 11:00 am	<b>Youth Lessons</b> 10:00 - 11:00 am				<b>Pool Rental</b> 10:00 - 11:00 am
<b>11:00 AM</b> 11:15 AM 11:30 AM 11:45 AM		<b>Aqua Arthritis</b> 11:00 - 11:45 am	<b>Aqua Arthritis</b> 11:00 - 11:45 am	<b>Aqua Arthritis</b> 11:00 - 11:45 am	<b>Aqua Arthritis</b> 11:00 - 11:45 am	<b>Aqua Arthritis</b> 11:00 - 11:45 am		<b>Aqua Arthritis</b> 11:00 - 11:45 am
<b>12:00 PM</b> 12:15 PM 12:30 PM 12:45 PM		<b>Water Exercise</b> 12:00 - 12:45 pm	<b>Water Exercise</b> 12:00 - 12:45 pm	<b>Aqua Kickboxing</b> 12:00 - 12:45 pm	<b>Water Exercise</b> 12:00 - 12:45 pm	<b>Water Exercise</b> 12:00 - 12:45 pm		<b>Water Exercise</b> 12:00 - 12:45 pm
<b>1:00 PM</b> 1:15 PM 1:30 PM 1:45 PM	<b>Birthday Parties</b> 1:15 - 2:15 pm	<b>Lap Swim (All Ages)</b> 1:00 - 1:50 pm	<b>Youth Lessons</b> 1:00 - 1:50 pm	<b>Adult Lessons</b> 1:00 - 1:50 pm	<b>Lap Swim (All Ages)</b> 1:00 - 1:50 pm	<b>Pool Rental</b> 1:00 - 2:40 pm	<b>Family Swim</b> 1:00 - 6:00 pm	
<b>2:00 PM</b> 2:15 PM 2:30 PM 2:45 PM	<b>Family Swim</b> 2:30 - 6:00 pm		<b>Lap Swim (All Ages)</b> 2:00 - 3:00 pm	<b>Lap Swim (All Ages)</b> 2:00 - 3:00 pm	<b>Pool Rental</b> 2:00 - 3:00 pm			
<b>3:00 PM</b> 3:15 PM 3:30 PM 3:45 PM		<b>Pool Rental</b> 2:00 - 5:00 pm	<b>Early Childhood</b> 3:00 - 4:00 pm	<b>Early Childhood</b> 3:00 - 4:00 pm	<b>Lap Swim (All Ages)</b> 3:00 - 4:00 pm	<b>Lap Swim (All Ages)</b> 2:50 - 3:45 pm		
<b>4:00 PM</b> 4:15 PM 4:30 PM 4:45 PM		<b>Youth Swim</b> 4:00 - 6:00 pm		<b>Y Afterschool</b> 4:00 - 4:55 pm	<b>Youth Lessons</b> 4:00 - 5:00 pm	<b>Youth Lessons</b> 4:00 - 5:00 pm		<b>Youth Classes</b> 3:45 - 5:00 pm
<b>5:00 PM</b> 5:15 PM 5:30 PM 5:45 PM		<b>Family Swim</b> 5:00 - 5:55 pm	<b>Family Swim</b> 5:00 - 5:55 pm	<b>Family Swim</b> 5:00 - 5:55 pm	<b>Family Swim</b> 5:00 - 5:55 pm	<b>Teen Swim</b> 5:00 - 5:55 pm	<b>Youth Swim</b> 4:00 - 6:00 pm	
<b>6:00 PM</b> 6:15 PM 6:30 PM 6:45 PM		<b>Water Exercise</b> 6:00 - 6:45 pm	<b>Water Exercise</b> 6:00 - 6:45 pm	<b>Adult Lessons</b> 6:00 - 7:00 pm	<b>Water Exercise</b> 6:00 - 6:45 pm	<b>Deep Water Running</b> 6:00 - 6:45 pm		
<b>7:00 PM</b> 7:15 PM 7:30 PM 7:45 PM		<b>Aqua Zumba</b> 6:45 - 7:30 pm	<b>Aqua Zumba</b> 6:45 - 7:30 pm		<b>Aqua Zumba</b> 7:05 - 7:50 pm	<b>Aqua Kickboxing</b> 6:45 - 7:30 pm	<b>Aqua Kickboxing</b> 6:45 - 7:30 pm	
<b>8:00 PM</b> 8:15 PM 8:30 PM 8:45 PM		<b>Adult Lessons</b> 7:30 - 8:30 pm	<b>Lap Swim (All Ages)</b> 7:30 - 9:00 pm	<b>Lap Swim (All Ages)</b> 8:00 - 9:00 pm	<b>Adult Lessons</b> 7:30 - 8:30 pm	<b>Lap Swim (All Ages)</b> 7:30 - 9:00 pm		
<b>9:00 PM</b> 9:15 PM 9:30 PM 9:45 PM								

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.