



**YMCA OF
GREATER NEW YORK**
Where there's a Y,
there's a way.

POOL SCHEDULE

Winter Session: 1/2/20 – 2/23/20

| Pool Hours of Operation | MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|----------------|-----------------|----------------|-----------------|---------------|----------------|
| | | 5:00am-10:30pm | 5:00am-10:30pm | 5:00am-10:30pm | 5:00am-10:30pm | 5:00am-9:30pm | 6:00am-9:00pm |
| Please note: to allow time for changing, the pool closes ½-hour before the building | | | | | | | |
| Lap Swim – At least one lane will be open at all times except Fridays 7:30-9:30pm | | | | | | | |
| Family Swim | 9:30am-11:00am | 9:30am-11:00am | 9:30am-11:00am | 9:30am-11:00am | 9:30am-11:00am | 9:00am-8:30pm | 10:00am-8:30pm |
| | 2:30pm-7:30pm | 2:30pm-7:30pm | 2:30pm-7:30pm | 2:30pm-7:30pm | 2:30pm-9:30pm | | |
| | Children under 9 years of age must be with a parent in the water Children under 12 years of age must have a parent present in the pool area | | | | | | |
| Pool Parties | Pool Parties Occupy ½ the Pool And Are Scheduled on Saturdays or Sundays: | | | | | 2:30pm-4:30pm | 4:00pm-6:00pm |
| Seniors, 55+ yrs | 12:00pm-1:00pm | 12:00pm-1:00pm | 12:00pm-1:00pm | 12:00pm-1:00pm | 12:00pm-1:00pm | 7:30am-8:30am | 7:30am-8:30am |
| Swim Lessons, Swim Lessons Require a Separate Registration Fee; times vary based on age and ability** | | | | | | | |
| Children | 9:30am-11:00am | 9:30am-11:00am | 9:30am-11:00am | 9:30am-11:00am | 9:30am-11:00am | 8:30am-2:30pm | 10:00am-4:00pm |
| | 3:30pm-7:30pm | 3:30pm-7:30pm | 3:30pm-7:30pm | 3:30pm-7:30pm | 3:30pm-7:30pm | | |
| Teens / Adults | | 7:30pm-9:30pm | | 7:30pm-8:30pm | 7:30pm-9:30pm | | |
| Water Fitness | [All Aqua Exercise & Water Workout Classes are FREE with Membership] | | | | | | |
| Aqua Exercise / Water Workout | | 8:00am-9:00am | 8:30am-9:30am | 6:30am-7:30am | | | 8:45am-9:45am |
| | 11:30am-12:30pm | | 11:30am-12:30pm | | 11:30am-12:30pm | | |
| | 7:30pm-8:30pm | 6:30pm-7:30pm | 7:30pm-8:30pm | 6:30pm-7:30pm | | | |
| Swim Team Rental | | 7:30pm-9:30pm | 7:30pm-9:30pm | 7:30pm-9:30pm | 7:30pm-9:30pm | | |

**Please see the Winter-Spring 2020 program guide for class registration fees and details

STATEN ISLAND YMCA, SOUTH SHORE CENTER
3939 Richmond Avenue, 718-227-3200

Safe Pools Have Rules:

For the health, safety and enjoyment of all of our members,
We insist that everyone please comply with the following:

New York City Department of Health Code States:

1. Pool use is prohibited outside of the hours listed on the pool schedule and at any time when there is no lifeguard on duty
2. Members must shower before entering the pool and wear appropriate bathing attire
3. Any person having any contagious disease or infectious condition such as sores or inflamed eyes, a cold, nasal or ear discharge, cuts, boils or other evident skin or other bodily infection shall not be permitted to enter the pool
4. Urinating, expectorating or blowing the nose, or allowing any human waste in any pool is prohibited
5. Any person under the influence of alcohol or exhibiting erratic behavior shall not be allowed to enter the pool area
6. Prolonged or repetitive breath-holding can be deadly. Intentional hyperventilation or underwater competitive breath-holding is not allowed
7. Conduct that is dangerous or compromises the safety of others is not allowed
8. No Diving

YMCA of Greater NY Requires:

1. Bathing caps must be worn in the pool
2. Swim diapers are required for individuals that wear diapers
3. Food, beverages and chewing/bubble gum are not permitted in the pool area
4. Running, skipping, pushing, dunking or any kind of rough play is dangerous and is not allowed
5. Street shoes and strollers are not permitted in the pool area
6. Make-up, deodorants, lotions, medicines, patches, band-aids or other skin applications must be removed before swimming
7. Everyone in the pool area must immediately comply with the directions of the lifeguards and any supporting YMCA staff
8. In any emergency situation, the pool must be cleared immediately to allow lifeguards and other staff to respond effectively
 - Please assist us in this effort by exiting the water and the pool area as promptly as possible when indicated

Family Recreational Swim – Additional Requirements:

1. Children under 9 years of age, regardless of ability, are only permitted to swim if there is a parent, guardian or instructor in the water with them, directly supervising their activities
2. Children 9, 10 or 11 years of age, regardless of ability, are only permitted to swim if there is a parent, guardian or instructor present in the pool area supervising their activities
3. Children 12 years of age or older may swim without a parent, guardian or instructor present, subject to the policies and schedules of the YMCA, under the supervision of the lifeguard on duty
4. Non-swimmers [as determined by YMCA aquatics staff], regardless of age, are restricted to chest-deep water or shallower
5. The use of inflatable flotation devices is not permitted at any time for any reason
6. Only the use of YMCA equipment is approved in the pool; use of equipment may be restricted at the lifeguards' discretion

Please feel free to contact our Aquatics Director, Matthew Greenfield,
at 718-227-3200 or mgreenfield@ymcanyc.org

Thank You