



Bronx Indoor Pool Schedule

Spring 2020

February 24, 2020 - April 10, 2020

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

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- 8:00 AM	Pool Closed 7:30- 8:00 AM	Pool Closed 7:30- 8:00 AM	Pool Closed 7:30- 8:00 AM	Pool Closed 7:30- 8:00 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 No Lap swim	
10:00am	Second Grade Swim 10:00 - 11:50am	Lap Swim Adult Rec Swim	Second Grade Grade Swim 10:00 - 11:50am	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	11:00am	YMCA Swim Lessons No Lap swim	
11:00am	Adult Rec Swim (Lane 1, 2, 3)	(Lane 1, 2, 3)	Adult Rec Swim (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 - 4:50pm Laps Swim In. 2,3	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 Lap swim 3	
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	YMCA Swim Lessons	5:00pm	Family Swim 5:00-6:30pm	Family Swim 5:00-6:30pm
5:00pm	YMCA Swim Lessons No Lap Swim 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	YMCA Swim Lessons Lap swim (Lane 3) 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 Lap swim (Lane 3) 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 7:00-8:00 pm Lap swim (Lane 2, 3)	Family Swim 7:00-8:00 pm Lap swim (Lane 2, 3)	Aqua Aerobics 8:00 - 8:50pm	Family Swim 7:00-8:00 pm Lap swim (Lane 2, 3)	Family Swim 7:10-8:30 PM	7:30pm	Frequently Asked Questions: Depending on your methods 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 area at a time.	
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		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.	

"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

AQUATICS DIRECTOR: Nadia Arroyo
Narroyo@ymcanc.org or 212-912-2492





Instructor Schedule

Monday	Tuesday	Wednesday	Thursday
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
Pool Closed 7:30- 8:00 AM	Pool Closed 7:30- 8:00 AM Pool Closed	Pool Closed 7:30- 8:00 AM	Pool Closed 7:30- 8:00 AM
Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim	Lap Swim Adult Rec Swim
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
10:00 - 12:00 Lap Swim Adult Rec Swim (Lane 1, 2, 3)	Second Grade Swim Swim Lap Swim Adult Rec Swim (Lane 1, 2, 3)	10:00 - 12:00 Lap Swim Adult Rec Swim (Lane 1, 2, 3)	Lap Swim Adult Rec Swim (Lane 1, 2, 3)
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
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
Pool Closed 4:00 - 5:00pm	Pool Closed 4:00 - 5:00pm	Pool Closed 4:00 - 5:00pm	Pool Closed 4:00 - 5:00pm
YMCA Swim Lessons No Lap Swim	YMCA Lessons Swim Lap swim (Lane 3)	YMCA Lessons Swim No Lap Swim	YMCA Lessons Swim Lap swim (Lane 3)

5:00 - 7:00pm	5:00 - 7:00pm	5:00 - 7:00pm	5:00 - 7:00pm
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 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
Family Swim 7:10-8:20 pm	Family Swim 7:00-8:20 PM	Aqua Aerobics 8:00 -8:50pm	Family Swim 7:00-8:20 PM
Lap swim (Lane 2, 3)	Lap swim (Lane 2, 3)		Lap swim (Lane 2, 3)
	Aqua Aerobics 8:30 -9:20pm		Aqua Aerobics 8:30 -9:20pm
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

AQUATICS DIRECTOR: Nadia Arroyo
Narroyo@ymcanyc.org or 212-912-2492

Spring 2020

February 25,2020 - April 10, 2020

Friday	Saturday	Sunday
Lap Swim Adult Rec Swim 5:30-7:30am	Lap Swim Adult Rec Swim 7:00-8:00am	Lap Swim Adult Rec Swim 7:00-8:00am
Pool Closed 7:30- 8:00 AM	Aqua Aerobics (lanes 5-6) 7:00-8:00am	YMCA Swim Lessons
Lap Swim Adult Rec Swim	YMCA Swim Lessons Lap swim 3	Stage 1(18+)(Willy) Stage1(Emily)
Aqua Aerobics 9:00-9:50 AM	YMCA Swim Lessons Lap swim 3	
10:00 - 12:00		
Lap Swim Adult Rec Swim (Lane 1, 2, 3)	YMCA Swim Lessons No Lap swim	Lap swim 3 Water Discovery
Aqua Aerobics 12:00-12:50 PM	YMCA Swim Lessons No Lap swim	Stage 2(Emily) Lap swim 3
Lap swim 1,2		Stage 2 (Daniela)
Family Swim 1:00 - 3:50pm Laps Swim In. 3,4	Family Swim 1:05-2:00pm Laps Swim In.3,4	Family Swim 1:05-2:00pm
	YMCA Swim Lessons No Lap swim	Stage 3 (Jose) Stage 4 (Emily) Stage 3 (5-12) Stage 5(Willy) No Lap swim
	YMCA Swim Lessons No Lap Swim	Stage 1 (Rima) Stage 2 (Daniela) Stage 3 (Emily) No Lap swim
Pool Closed 4:00 - 5:00pm	YMCA Swim Lessons No Lap Swim	Stage 1 (Daniela) Stage 2 (Emily) Lap swim 3
YMCA Swim Lessons No Lap Swim	Family Swim 4:00-6:30pm Laps Swim In.2,3	Family Swim 5:00-6:30pm Laps Swim In.1,2,3
		Stage 1 (Jose)

5:00 - 7:00pm			Stage 2 (Daniela)
			Stage 4 (Dexter)
YMCA Swim Lessons No Lap Swim 6:00 - 7:00pm	Adult Lap Swim 6:30-7:30pm	Adult Lap Swim 6:30-7:30pm	Stage 5 (Irvin) No Lap swim
YMCA Swim Lessons Lap swim (Lane 2, 3) 7:00 - 8:00pm			Stage 1 (Dexter) Stage 3 (Irvin)
			Adaptive Aqua (Jose)
Family Swim 7:10-8:20 PM			Stage1 (Dexter) Laps Swim In.2,3
Lap swim (Lane 2, 3)			
			Family Swim 5:00-7:00pm
Adult Lap Swim 8:30-9:30 PM			

