



Vanderbilt Pool Schedule

Spring I Session: 2/24/20 – 4/26/20
Effective: 2/24/20

East Pool Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|--|---|
| 5:00 AM 5:15 AM 5:30 AM 5:45 AM | | | | | | | |
| 6:00 AM 6:15 AM 6:30 AM 6:45 AM | | | | | | | |
| 7:00 AM 7:15 AM 7:30 AM 7:45 AM | | | | | | | |
| 8:00 AM 8:15 AM 8:30 AM 8:45 AM | | | | | | | |
| 9:00 AM 9:15 AM 9:30 AM 9:45 AM | | | | | | | |
| 10:00 AM 10:15 AM 10:30 AM 10:45 AM | | | | | | | |
| 11:00 AM 11:15 AM 11:30 AM 11:45 AM | | | | | | | |
| 12:00 PM 12:15 PM 12:30 PM 12:45 PM | Adult Lessons 11:00 am – 2:00 pm | Aqua Cycling 12:00 – 12:45 pm | | Aqua Cycling 12:00 – 12:45 pm | | | Adult & Youth Lessons 11:00 am – 3:00 pm |
| 1:00 PM 1:15 PM 1:30 PM 1:45 PM | Master Swim 2:00 – 3:30 pm | | | | | | |
| 2:00 PM 2:15 PM 2:30 PM 2:45 PM | | Lap Swim (All Ages) 5:00 am – 11:00 pm | Lap Swim (All Ages) 5:00 am – 11:00 pm | Lap Swim (All Ages) 5:00 am – 11:00 pm | Lap Swim (All Ages) 5:00 am – 11:00 pm | Lap Swim (All Ages) 5:00 am – 11:00 pm | |
| 3:00 PM 3:15 PM 3:30 PM 3:45 PM | | | | | | | |
| 4:00 PM 4:15 PM 4:30 PM 4:45 PM | Lap Swim (All Ages) 7:00 am – 8:00 pm | Aquatics Conditioning 4:30 – 5:30 pm | Youth Lessons 4:15 – 5:00 pm | Aquatics Conditioning 4:30 – 5:30 pm | Youth Lessons 4:15 – 5:00 pm | Aquatics Conditioning 4:30 – 5:30 pm | Lap Swim (All Ages) 7:00 am – 8:00 pm |
| 5:00 PM 5:15 PM 5:30 PM 5:45 PM | | | | | | | |
| 6:00 PM 6:15 PM 6:30 PM 6:45 PM | | | | | | | |
| 7:00 PM 7:15 PM 7:30 PM 7:45 PM | | Adult Lessons 6:30 – 8:30 pm | Aqua Cycling 6:30 – 7:15 pm | Master Swim 7:00 – 8:30 pm | Adult Lessons 6:30 – 7:30 pm | Master Swim 7:00 – 8:30 pm | |
| 8:00 PM 8:15 PM 8:30 PM 8:45 PM | | Master Swim 7:30 – 9:00 pm | Adult Lessons 7:00 – 8:00 pm | Adult Lessons 7:30 – 8:30 pm | | | |
| 9:00 PM 9:15 PM 9:30 PM 9:45 PM | | | | | | | Aqua Cycling will take place in lane 1. |
| 10:00 PM 10:15 PM 10:30 PM 10:45 PM | | | | | | | Adult & Youth lessons will take place in lanes 4, 5 & 6. |

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.