



Vanderbilt Pool Schedule

West Pool Schedule

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