

LAP POOL SCHEDULE

Northeast Bronx – October 2021



MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Lap Swim 7:00am – 9:00am	Adult Lap Swim 7:00am – 9:50am	Adult Lap Swim 7:00am – 9:00am	Adult Lap Swim 7:00am – 9:50am	Adult Lap Swim 7:00am – 9:00am	Adult Lap Swim 8:00am – 9:00am	Adult Lap Swim 8:00am – 9:30am
Adult Lap Swim 9:30am–11:30am	Adult Lap Swim 11:05am–3:00pm	Adult Lap Swim 9:30am–2:40pm	Adult Lap Swim 11:05am–3:00pm	Adult Lap Swim 9:30am–4:00pm	Adult Lap Swim 11:30pm–2:30pm	Adult & Teen Lap Swim 11:30am – 12:20pm
Adult Lap Swim 12:30pm–2:30pm	Teen & Adult Lap Swim 6:30pm–8:00pm	Teen & Adult Lap Swim 6:10pm–7:10pm	Teen & Adult Lap Swim 7:10pm–8:00pm	Teen & Adult Lap Swim 6:00pm–7:00pm		
Adult Lap Swim 7:00pm – 8:00pm						

ACTIVITY POOL SCHEDULE

Family Free Swim 3:00pm – 3:55pm	10:00am–11:00am Water Aerobics*	Family Free Swim 3:00pm – 3:55pm	10:00am–11:00am Water Aerobics*	Family Swim 3:00pm–3:55pm	Swim Lessons 9:00am–11:30pm	Swim Lessons 9:00am–11:40pm
Family Free Swim 4:00pm – 4:55pm	Adult Free Swim 11:00am–12:00pm	Family Free Swim 4:00pm – 4:55pm	Adult Free Swim 11:00am–12:00pm	Family Swim 4:00pm–4:55pm	Family Swim* 11:45–12:30	Family Swim* 11:45–12:30
Family Free Swim 5:00pm – 6:00pm	Swim Lessons 3:30pm–5:00pm	Family Free Swim 5:20pm – 6:10pm	Swim Lessons 3:00pm – 7:10pm	Family Swim 5:00pm–5:55pm	Family Swim* 12:40–1:25	Family Swim* 12:40–1:25
	Family Free Swim* 5:00pm–6:00pm	Aqua Zumba* 7:20pm – 8:10pm	Adult Free Swim 7:10pm–8:00pm	Family Swim 6:00pm–6:55pm	Family Swim* 1:30pm–2:15pm	Family Swim* 1:30pm–2:15pm
				Family Free Swim 7:00pm–7:55pm		



Family Swim Guidelines

Access to Family Swim is on a first-come, first-served basis for those with family memberships only.

- **Due to limited space, families may attend a maximum of one swim session daily.**
- **All Family swim sessions with a * will be limited to 24 swimmers**
- **All Family swim participants must follow the ratios below:**
 - 1 Adult per 2 non-swimming children**
 - *ALL non-swimming children MUST be in arms reach of Adult at all times***
 - 1 Adult per 3 swimming children including 9+ years of age through teenagers**

Swimmers are considered those who can swim one length of the pool with no flotation device and tread water for at least 30 seconds

- **All participants must wear a swimming cap and proper swim attire, which includes swim diapers for infants and children who are not potty-trained.**
- **Please shower before entering the pool.**
- **Inflatable flotation devices are not allowed.**
- **For your safety, running, jumping and diving are prohibited.**
- **Please respect the decisions of our lifeguards and be courteous to other members**