



# HARLEM YMCA POOL SCHEDULE

2022 SESSION 221 | JANUARY 3-FEBRUARY 27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
7:00 AM	LAP SWIM 7:00 AM – 8:10 AM	LAP SWIM 7:00 AM – 9:00 AM	LAP SWIM 7:00 AM – 9:00 AM	LAP SWIM 7:00 AM – 9:00 AM						
8:00 AM										
9:00 AM	AQUA AEROBICS 8:30-9:30 AM <i>*(app reservations required)</i>				LAP SWIM 8:00 AM – 10:00 AM	AQUA AEROBICS 8:30-9:30 AM <i>*(app reservations required)</i>	LAP SWIM 8:30 AM – 10:00 AM			
10:00 AM	LAP SWIM 9:50 AM – 3:30 PM	LAP SWIM 9:20 AM – 3:30 PM	LAP SWIM 9:20 AM – 3:30 PM	LAP SWIM 9:20 AM – 3:30 PM		YOUTH LESSONS 10:00 AM-2:30 PM				
11:00 AM										
12:00 PM									LAP SWIM 10:20 AM – 12:20 PM	FAMILY SWIM 10:20 AM – 12:20 PM
1:00 PM										
2:00 PM										
3:00 PM					LAP SWIM 12:40 PM – 3:00 PM					
4:00 PM	YOUTH LESSONS 3:30 PM-6:00 PM	YOUTH LESSONS 3:30 PM-6:00 PM	YOUTH LESSONS 3:30 PM-6:00 PM	YOUTH LESSONS 3:30 PM-6:00 PM		POOL CLOSES AT 2:30 PM				
5:00 PM										
6:00 PM										
7:00 PM	LAP SWIM 6:20 PM-8:00 PM	LAP SWIM 6:20 PM-8:00 PM	LAP SWIM 6:20 PM-8:00 PM	LAP SWIM 6:20 PM-8:00 PM						
8:00 PM										

**NEW!** App reservations are now required for all group ex classes. Please scan code to install the Y APP.

