



HARLEM YMCA POOL SCHEDULE

2022 SESSION 224 | July 5th-August 28th

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

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

