LONG ISLAND CITY YMCA EFFECTIVE: 09/26/2022

FALL POOL SCHEDULE														
Monday 1		Tue	Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Adult Lap Swim 6 am - 3:45 pm 6 Lanes		Adult Lap Swim 6 am - 3:45 pm 6 Lanes		Adult Lap Swim 6 am - 3:45 pm 6 Lanes		Adult Lap Swim 6 am - 3:45 pm 6 Lanes		Adult Lap Swim 6 am - 3:45 pm 6 Lanes		Adult Lap Swim 8:30am-9:45am 6 Lanes		Adult Lap Swim 8:30am-9:45am 6 Lanes		
										Swim Lessons 10 am - 1 pm		Swim Lessons 10 am - 12 pm  Teens Swim Swim 12pm- 12pm-		
										Teens Swim 1pm- 2pm 3 Lanes	Family- Rec Swim 1pm-2pm 2 Lanes	1pm 3 Lanes	1pm 2 Lanes	
Lessons 4pm- 6pm	Family- Rec Swim 5pm-6pm 2 Lanes	Lessons 4pm- 6pm	Family- Rec Swim 5pm-6pm 2 Lanes	Lessons 4pm- 6pm	Family- Rec Swim 5pm-6pm 2 Lanes	Lessons 4pm- 6pm	Family- Rec Swim 5pm-6pm 2 Lanes	Lessons 4pm- 6pm	Family- Rec Swim 5pm-6pm 2 Lanes			Adult Lap Swim 1 pm - 4:15 pm 6 Lanes		
Adult Lap Swim 6pm-8:15pm 6 Lanes		Adult Lap Swim 6pm-8:15pm 6 Lanes		Adult Lap Swim 6pm-8:15pm 6 Lanes		Adult Lap Swim 6pm-8:15pm 6 Lanes		Adult Lap Swim 6pm-8:15pm 6 Lanes						

Note: - Private lessons may be conducted any time and may take up to one lane.

- Lane capacity is 6 members per lane. Please be advised of lane speed and listen to the lifeguard's instructions.
- A proper bathing suit must be worn at all times. No street shorts or cut off sweats allowed.
- The lifeguard on duty is there for your safety. Please obey all rules, instructions, and regulations.
- All swimmers MUST wear a bathing cap. Caps are available for sale at the front desk.
- Swimmers must shower before entering pool.
- All times allotted for family and youth swim are for just that. Parents must be in the water supervising during Family Swim.
- Schedule is subject to change seasonally. For more questions, please contact our Membership Department.
- (Family-rec swimming) stands for Family recreational swimming.