

# McBurney YMCA Pool Schedule



YMCA OF  
GREATER NEW YORK  
Where there's a Y,  
there's a way.

1/2/2024

## LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 10:00am 6 LANES	6:15am - 11:30am 6 LANES	6:15am - 10:00am 6 LANES	6:15am - 10:00am 6 LANES	6:15am - 1:30pm 6 LANES	8:15am - 9:00am 6 LANES	8:15am - 10:00am 6 LANES
10:00am - 11:00am 4 LANES	11:30am - 12:15pm 4 LANES	10:00am - 11:30am 4 LANES	10:00am - 11:15am 3 LANES	1:30pm - 2:30pm 4 LANES	9:00am - 4:30pm 4 LANES	10:00am - 4:30pm 5 LANES
11:00am - 12:00pm 6 LANES	12:15pm - 3:00pm 6 LANES	11:30am - 3:00pm 6 LANES	11:15am - 3:00pm 5 LANES	2:30pm - 3:30pm 5 LANES		
12:00pm - 1:00pm 4 LANES	3:00pm - 3:30pm 5 LANES	3:00pm - 3:30pm 4 LANES	3:00pm - 3:30pm 5 LANES	3:30pm - 4:30pm 2 LANES		
1:00pm - 3:00pm 6 LANES	3:30pm - 4:30pm 5 LANES	3:30pm - 6:00pm 1 LANE*	3:30pm - 4:30pm 5 LANES	4:30pm - 7:30pm 3 LANES		
3:00pm - 3:30pm 4 LANES	4:30pm - 6:00pm 1 LANE*	6:00pm - 7:30pm 4 LANES	4:30pm - 6:00pm 1 LANE*	7:30pm - 8:30pm 6 LANES		
3:30pm - 6:00pm 1 LANE*	6:00pm - 7:30pm 4 LANES	7:30pm - 8:15pm 3 LANES	6:00pm - 7:30pm 4 LANES		<p>Group lessons and private lessons available. Please check with member services for more information.</p> <p>Youth lap swim available only when 3 or more lanes are open.</p> <p>Youth programing runs everyday after 3pm and all day on Saturday.</p> <p>Schedule subject to change</p> <p>Pool Length: 75 ft (25 yds) 7 lanes Minimum depth: 3.5 ft Maximum depth: 9 ft Water temperature: 83-84 degrees</p>	
6:00pm - 7:30pm 4 LANES	7:30pm - 8:30pm 6 LANES	8:15pm - 8:30pm 6 LANES	7:30pm - 8:15pm 2 LANES			
7:30pm - 8:30pm 6 LANES			8:15pm - 8:30pm 5 LANES			

\*ONLY ONE LANE WILL BE AVAILABLE FOR LAP SWIM

## Recreational Swim (Water Jogging, Treading, Exercise, Private Lesson, etc.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 12:00pm	6:15am - 11:30am	6:15am - 10:30am	6:15am - 10:00am	6:15am - 3:30pm	8:15am - 4:30pm	8:15am - 4:30pm
1:00pm - 3:30pm	12:30pm - 3:30pm	11:30am - 3:30pm	11:00am - 3:30pm	4:30pm - 6:30pm		
6:00pm - 8:30pm	6:00pm - 8:30pm	6:00pm - 7:30pm 8:15pm - 8:30pm	6:00pm - 7:30pm 8:15pm - 8:30pm	7:15pm - 8:30pm		

\*Private lessons may occur in Multipurpose lane

\*Family and Recreational Swim combined during hours of overlap

## Aqua Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00pm - 12:45pm	11:30am - 12:15pm	10:30am - 11:15am 7:30pm - 8:15pm	10:00am - 10:45am 7:30pm - 8:15pm	1:30pm - 2:15pm 6:30pm - 7:15pm		

## Family Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am - 11:00am	8:30am - 11:00am	8:30am - 10:00am	8:30am - 10:00am	8:30am - 11:00am	1:00pm - 4:30pm	10:00am - 4:30pm
6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	4:30pm - 6:00pm		

Schedule subject to change for private lessons. A swim cap is required for all participants in the water. For any questions regarding the pool schedule, please contact Amir Abouelnaga at [amira@ymcany.org](mailto:amira@ymcany.org) or (212) 912-2343.