

McBurney YMCA Pool Schedule



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

7/1/2024

LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 10:30am 5 LANES	6:15am - 11:00am 6 LANES	6:15am - 10:30am 5 LANES	6:15am - 11:00am 6 LANES	6:15am - 11:00am 6 LANES	8:15am - 9:00am 6 LANES	8:15am - 10:00am 6 LANES
11:00am - 12:00pm 3 LANES	11:00am - 12:00pm 3 LANES	10:30am - 12:00pm 2 LANES	11:00am - 12:00pm 3 LANES	11:00am - 12:00pm 3 LANES	9:00am - 4:30pm 4 LANES	10:00am - 4:30pm 5 LANES
12:00pm - 1:30pm 4 LANES	12:00pm - 1:00pm 4 LANES	12:00pm - 1:30pm 6 LANES	12:00pm - 3:00pm 4 LANES	12:00pm - 1:00pm 6 LANES		
1:30pm - 3:00pm 3 LANES	1:00pm - 2:00pm 6 LANES	1:30pm - 3:00pm 3 LANES	3:00pm - 4:15pm 4 LANES	1:00pm - 2:00pm 4 LANES		
3:00pm - 4:15pm 4 LANES	2:00pm - 3:00pm 3 LANES	3:00pm - 4:15pm 4 LANES	4:15pm - 5:00pm 3 LANES	2:00pm - 3:00pm 3 LANES		
4:15pm - 5:00pm 3 LANES	3:00pm - 4:15pm 4 LANES	4:15pm - 5:00pm 3 LANES	5:00pm - 8:15pm 4 LANES	3:00pm - 5:00pm 6 LANES		
5:00pm - 7:15pm 4 LANES	4:15pm - 5:00pm 3 LANES	5:00pm - 8:15pm 4 LANES	8:15pm - 8:30pm 6 LANES	5:00pm - 7:15pm 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 programming 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</p> <p>Minimum depth: 3.5 ft Maximum depth: 9 ft</p> <p>Water temperature: 83-84 degrees</p>	
7:15pm - 8:30pm 6 LANES	5:00pm - 7:15pm 4 LANES	8:15pm - 8:30pm 6 LANES		7:15pm - 8:30pm 6 LANES		
	7:15pm - 8:30pm 6 LANES					

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 12:00pm	6:15am - 12:00pm	6:15am - 10:30am	6:15am - 12:00pm	6:15am - 1:00pm	8:15am - 4:30pm	8:15am - 4:30pm
1:00pm - 3:00pm	1:00pm - 3:00pm	11:15pm - 3:00pm	12:45pm - 3:00pm	1:45pm - 3:00pm		
6:00pm - 8:30pm	6:00pm - 8:30pm	6:00pm - 7:30pm	6:00pm - 8:30pm	7:15pm - 8:30pm		
		8:15pm - 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	12:00pm - 12:45pm	10:30am - 11:15am	12:00pm - 12:45pm	1:00pm - 1:45pm		
		7:30pm - 8:15pm		6:30pm - 7:15pm		

Family Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am - 11:00am	8:30am - 11:00am	8:30am - 10:30am	8:30am - 11:00am	8:30am - 11:00am	1:30pm - 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 Nia-Michelle Caprioli at ncaprioli@ymcanyc.org or (212) 912-2321.