



# McBurney YMCA POOL SCHEDULE

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

11/13/2024

## LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 9:45am 6 LANES	6:15am - 9:45am 6 LANES	6:15am - 9:45am 6 LANES	6:15am - 9:45am 6 LANES	6:15am - 8:30am 6 LANES	8:15am - 9:00am 6 LANES	8:15am - 10:00am 6 LANES
9:45am - 10:45am 4 LANES	9:45am - 11:00am 5 LANES	9:45am - 11:30am 3 LANES	9:45am - 11:00am 4 LANES	8:30am - 11:00am 5 LANES	9:00am - 4:30pm 4 LANES	10:00am - 12:30pm 3 LANES
10:45am - 11:45am 6 LANES	11:00am - 1:15pm 6 LANES	11:30am - 3:15pm 6 LANES	11:00am - 3:15pm 6 LANES	11:00am - 1:15pm 6 LANES		12:30pm - 4:30pm 5 LANES
11:45am - 1:00pm 4 LANES	1:15pm - 2:30pm 4 LANES	3:15pm - 6:00pm 1 LANE*	3:15pm - 4:25pm 5 LANES	1:15pm - 2:30pm 4 LANES		
1:00pm - 3:15pm 6 LANES	2:30pm - 3:15pm 6 LANES	6:00pm - 7:30pm 4 LANES	4:25pm - 6:00pm 1 LANE*	2:30pm - 3:15pm 6 LANES		
3:15pm - 6:00pm 1 LANE*	3:15pm - 4:25pm 5 LANES	7:30pm - 8:15pm 3 LANES	6:00pm - 8:15pm 4 LANES	3:15pm - 6:15pm 3 LANES	<p>Group lessons are 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 Minimum depth: 3.5 ft Maximum depth: 9 ft Water temperature: 83-84 degrees</p>	
6:00pm - 7:30pm 4 LANES	4:25pm - 6:00pm 1 LANE*	8:15pm - 8:30pm 6 LANES	8:15pm - 8:30pm 6 LANES	6:15pm - 7:30pm 4 LANES		
7:30pm - 8:30pm 6 LANES	6:00pm - 7:30pm 3 LANES			7:30pm - 8:30pm 5 LANES		
	7:30pm - 8:30pm 6 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 - 3:00pm	6:15am - 10:30am	6:15am - 10:00am	6:15am - 1:15pm	8:15am - 4:30pm	8:15am - 4:30pm
12:45pm - 3:00pm	6:00pm - 8:30pm	11:15pm - 3:00pm	10:45pm - 3:00pm	2:30pm - 6:30pm		
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	1:30pm - 2:15pm	10:30am - 11:15am	10:00am - 10:45am	1:30pm - 2:15pm		
		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 - 10:00am	8:30am - 11:00am	10:00am - 4:30pm	10:00am - 4:30pm
6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	5:00pm - 6:30pm		
				7:15pm - 8:30pm		

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@ymcany.org](mailto:ncaprioli@ymcany.org) or (212) 912-2321.

