

McBurney YMCA Pool Schedule



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

EFFECTIVE 6/30/2025

LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 9:55am 5 LANES	6:15am - 10:55am 5 LANES	6:15am - 9:55am 5 LANES	6:15am - 9:55am 5 LANES	6:15am - 10:55am 5 LANES	8:15am - 9:00am 6 LANES	8:15am - 4:30pm 5 LANES
9:55am - 10:30am 4 LANES	10:55am - 12:00pm 2 LANES	9:55am - 10:55am 4 LANES	9:55am - 10:55am 3 LANES	10:55am - 12:00pm 2 LANES	9:00am - 10:00am 4 LANES	
10:30am - 10:55am 5 LANES	12:00pm - 1:25pm 5 LANES	10:55am - 11:20am 0 LANES	10:55am - 12:00pm 2 LANES	12:00pm - 1:25pm 5 LANES	10:00am - 2:00pm 3 LANES	
10:55am - 12:00pm 2 LANES	1:25pm - 2:15pm 4 LANES	11:20am - 12:00pm 2 LANES	12:00pm - 4:15pm 5 LANES	1:25pm - 6:25pm 5 LANES	2:00pm - 4:30pm 5 LANES	
12:00pm - 12:45pm 3 LANES	2:15pm - 4:15pm 5 LANES	12:00pm - 1:25pm 5 LANES	4:15pm - 7:15pm 3 LANES	6:25pm - 7:15pm 4 LANES		
12:45pm - 1:25pm 5 LANES	4:15pm - 7:15pm 4 LANES	1:25pm - 3:00pm 2 LANES	7:15pm - 8:30pm 5 LANES	7:15pm - 8:30pm 5 LANES		
1:25pm - 3:00pm 2 LANES	7:15pm - 8:30pm 6 LANES	3:00pm - 4:15pm 5 LANES			Group lessons are available. Please check with member services for more information. *New private lesson lane - Open to members when not in use for lessons* Youth lap swim available only when 3 or more lanes are open. Youth programming runs everyday after 3pm and all day on Saturday. SCHEDULE SUBJECT TO CHANGE Pool Length: 75 ft (25 yds) 7 lanes Minimum depth: 3.5 ft Maximum depth: 9 ft Water temperature: 83-84 degrees	
3:00pm - 4:15pm 5 LANES		4:15pm - 8:15pm 3 LANES				
4:15pm - 7:15pm 4 LANES		8:15pm - 8:30pm 6 LANES				
7:15pm - 8:30pm 6 LANES						
*ONLY ONE LANE WILL BE AVAILABLE FOR LAP SWIM						

Adult Recreational Swim (Water Jogging, Treading, Aquatic Exercise, etc.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 12:00pm	6:15am - 1:30pm	6:15am - 10:30am	6:15am - 10:00am	6:15am - 1:15pm	8:15am - 4:30pm	8:15am - 4:30pm
12:45pm - 3:00pm	1:30pm - 3:00pm	11:15pm - 3:00pm	10:45pm - 3:00pm	2:30pm - 6:30pm		
5:00pm - 8:30pm	5:00pm - 8:30pm	5:00pm - 7:30pm	5:00pm - 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
4:15pm - 5:45pm	6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	5:00pm - 6:30pm		
7:15pm - 8:30pm				7:15pm - 8:30pm		

Schedule subject to change. 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; (212) 912-2321 or Daniel Wolin at Dwolin@ymcany.org; (212) 912-2843.