

# McBurney YMCA

## Pool Schedule



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

**EFFECTIVE 1/2/2026**

### LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 11:55am 5 LANES	6:15am - 1:25pm 5 LANES	6:15am - 7:00am 5 LANES	6:15am - 7:00am 5 LANES	6:15am - 1:15pm 5 LANES	8:15am - 9:00am 6 LANES	8:15am - 10:00am 5 LANES
11:55am - 12:45pm 4 LANES	1:25pm - 2:20pm 4 LANES	7:00am - 8:30am 3 LANES	7:00am - 10:55am 3 LANES	1:15pm - 3:15pm 3 LANES	9:00am - 10:00am 4 LANES	10:00am - 12:30am 2 LANES
12:45pm - 3:15pm 5 LANES	2:20pm - 4:15pm 5 LANES	8:30am - 10:25am 5 LANES	10:55am - 4:15pm 5 LANES	3:15pm - 5:15pm 2 LANES	10:00am - 2:15pm 3 LANES	12:30pm - 4:30pm 5 LANES
3:15pm - 4:25pm 2 LANES	4:15pm - 6:00pm 0 LANES	10:25am - 11:20am 2 LANES	4:15pm - 6:00pm 0 LANES	5:15pm - 6:00pm 1 LANE	2:00pm - 4:30pm 4 LANES	
4:25pm - 6:00pm 0 LANES	6:00pm - 7:30pm 4 LANES	11:20am - 3:15pm 5 LANES	6:00pm - 7:30pm 4 LANES	6:00pm - 7:15pm 2 LANES	Group lessons are available. Please check with member services for more information.  *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 programing 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	
6:00pm - 7:30pm 4 LANES	7:30pm - 8:30pm 5 LANES	3:15pm - 4:25pm 1 LANE	7:30pm - 8:30pm 5 LANES	7:15pm - 8:30pm 5 LANES		
7:30pm - 8:30pm 5 LANES		4:25pm - 6:00pm 0 LANES				
		6:00pm - 7:25pm 4 LANES				
		7:25pm - 8:30pm 3 LANES				
Lifeguard In-service Training in Lanes 1 & 2 on 1/9 at 1pm and 1/24 at 2pm						

### 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 - 9:55am	6:15am - 9:00am	6:15am - 9:55am	8:15am - 4:30pm	12:00pm - 4:30pm
12:45pm - 3:15pm	2:15pm - 3:15pm	11:15pm - 3:15pm	10:45pm - 3:15pm	10:30am - 1:30pm		
5:25pm - 8:30pm	5:25pm - 8:30pm	5:25pm - 7:30pm	5:25pm - 8:30pm	2:15pm - 3:15pm		
				5:25pm - 6:30pm		
				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	1:30pm - 2:15pm	10:30am - 11:15am	9:00am - 9:45am (Hydro Burn)	1:30pm - 2:15pm		
		7:30pm - 8:15pm	10:00am - 10:45am	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 - 10:00am	10:00am - 4:30pm	12:00pm - 4:30pm
5:00pm - 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. 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](mailto:ncaprioli@ymcanyc.org); (212) 912-2321