



YMCA OF
GREATER NEW YORK
McBURNERY

McBurney YMCA POOL SCHEDULE

Ends August 23rd

LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 9:45am 5 LANES	6:15am - 9:30am 5 LANES	6:15am - 7:00am 5 LANES	6:15am - 7:00am 5 LANES	6:15am - 10:45am 5 LANES	8:15am - 9:00am 6 LANES	8:15am - 10:00am 6 LANES
9:45am - 10:45am 4 LANES	9:30am - 10:45am 4 LANES	7:00am - 8:30am 3 LANES	7:00am - 10:45am 3 LANES	10:45am - 12:15pm 2 LANES	9:00am - 10:00am 4 LANES	10:00am - 4:30pm 5 LANES
10:45am - 12:15pm 2 LANES	10:45am - 11:45am 2 LANES	8:30am - 9:45am 5 LANES	10:45am - 12:15pm 2 LANES	12:15pm - 2:15pm 4 LANES	10:00am - 2:15pm 3 LANES	
12:15pm - 12:45pm 3 LANES	11:45am - 1:15pm 5 LANES	9:45am - 10:30am 4 LANES	12:15pm - 1:15pm 5 LANES	2:15pm - 6:15pm 5 LANES	2:00pm - 4:30pm 4 LANES	
12:45pm - 1:15pm 5 LANES	1:15pm - 2:15pm 3 LANES	10:30am - 11:15am 1 LANE	1:15pm - 2:15pm 4 LANES	6:15pm - 8:30pm 4 LANES	<p>Group lessons are available. Please check with member services for more information.</p> <p>*Private lesson lane - Open to members when not in use for lessons*</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: 82-84 degrees</p>	
1:15pm - 3:00pm 2 LANES	2:15pm - 3:00pm 5 LANES	11:15am - 12:15pm 2 LANES	2:15pm - 3:00pm 5 LANES			
3:00pm - 5:15pm 4 LANES	3:00pm - 6pm 4 LANES	12:15pm - 1:15pm 5 LANES	3:00pm - 7:30pm 4 LANES			
5:15pm - 8:30pm 3 LANES	6:00pm - 7:30pm 3 LANES	1:15pm - 3:00pm 2 LANES	7:30pm - 8:30pm 5 LANES			
	7:30pm - 8:30pm 4 LANES	3:00pm - 6:00pm 4 LANES				
		6:00pm - 7:15pm 3 LANES				
		7:15pm - 8:30pm 2 LANES				

Adult Recreational Swim

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 11:45am*	6:15am - 1:15pm*	6:15am - 10:15am	6:15am - 8:45am	6:15am - 1:15pm	8:15am - 10:00am	8:15am - 10:00am
12:45pm - 3:15pm	2:15pm - 2:45pm*	11:15pm - 3:15pm	10:45am - 2:45pm	2:15pm - 6:15pm*	10:00am - 4:30pm	10:00am - 4:30pm*
5:30pm - 8:30pm*	5:30pm - 8:30pm*	5:30pm - 7:30pm*	5:30pm - 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	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 - 10:45am	12:15pm - 1:15pm	12:15pm - 2:45pm	12:15pm - 2:45pm	8:30am - 10:45am	10:00am - 4:30pm	10:00pm - 4:30am*
12:45pm - 2:45pm	2:15pm - 2:45pm*	5:30pm - 7:30pm*	5:30pm - 8:30pm*	12:15pm - 6:15pm		
5:30pm - 8:30pm*	5:30pm - 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@ymcanyc.org; (212) 912-2321 or Jamie Reiff at jreiff@ymcanyc.org; (212) 912-2343