

Ends Dec 23rd, 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 - 9:00am 6 LANES
11:55am - 12:45pm 4 LANES	1:25pm - 2:20pm 4 LANES	7:00am - 8:30am 3 LANES	7:00am - 8:30am 3 LANES	1:15pm - 2:20pm 4 LANES	9:00am - 10:00am 4 LANES	9:00am - 10:30am 4 LANES
12:45pm - 3:15pm 5 LANES	2:20pm - 3:15pm 5 LANES	8:30am - 9:45am 5 LANES	8:30am - 9:00am 5 LANES	2:20pm - 3:15pm 5 LANES	10:00am - 2:15pm 3 LANES	10:30am - 1:00pm 2 LANES
3:15pm - 4:15pm 1 LANE	3:15pm - 4:15pm 3 LANES	9:45am - 10:25am 4 LANES	9:00am - 11:00am 4 LANES	3:15pm - 5:00pm 1 LANE	2:15pm - 4:30pm 4 LANES	1:00pm - 4:30pm 5 LANES
4:15pm - 6:00pm NO LAP SWIM	4:15pm - 6:00pm NO LAP SWIM	10:25am - 11:15am 2 LANES	11:00am - 3:15pm 5 LANES	5:00pm - 6:00pm NO LAP SWIM	<div>Group lessons are available. Please check with member services for more information.</div> <div>Private lesson lane - Open to members when not in use for lessons</div> <div>Youth lap swim available only when 3 or more lanes are open.</div> <div>Youth programing runs everyday after 3pm and all day on Saturday.</div> <div>SCHEDULE SUBJECT TO CHANGE</div> <div>Pool Length: 75 ft (25 yrds) 7 lanes</div> <div>Minimum depth: 3.5 ft Maximum depth: 9 ft Water temperature: 82-84 degrees</div>	
6:00pm - 7:30pm 4 LANES	6:00pm - 8:30pm 4 LANES	11:15am - 3:15pm 5 LANES	3:15pm - 4:15pm 3 LANES	6:00pm - 6:25pm 4 LANES		
7:30pm - 8:30pm 5 LANES		3:15pm - 4:15pm 1 LANE	4:15pm - 6:00pm NO LAP SWIM	6:25pm - 7:35pm 2 LANES		
		4:15pm - 6:00pm NO LAP SWIM	6:00pm - 7:30pm 4 LANES	7:35pm - 8:30pm 5 LANES		
		6:00pm - 7:15pm 4 LANES	7:30pm - 8:30pm 5 LANES			
		7:15pm - 8:30pm 2 LANES				

Recreational/Family Swim

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 11:55am*	6:15am - 1:15pm*	6:15am - 10:25am	6:15am - 8:55am	6:15am - 9:55am*	8:15am - 10:00am	8:15am - 9:00am
12:45pm - 3:15pm*	2:15pm - 3:15pm*	11:15pm - 3:15pm* DEEP END	10:45am - 3:15pm*	9:55am - 10:45am* DEEP END	10:00am - 4:30pm*	10:00am - 4:30pm*
5:30pm - 8:30pm*	5:30pm - 8:30pm*	5:30pm - 7:30pm*	5:30pm - 8:30pm*	10:45am - 1:15pm*		
				2:00pm - 3:15pm*		
				4:45pm - 6:25pm*		
				7:30pm - 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		9:00am - 9:45am
		7:30pm - 8:15pm	10:00am - 10:45am	6:30pm - 7:15pm		

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