

POOL SCHEDULE
11/29/2021 to 12/19/2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Important Pool Information We take COVID-19 very seriously and want to ensure the safety of our members and staff. The pool deck will be closed for 15 minutes after each 45 minute period for sanitization and cleaning. We ask that members limit their time in the facility. Reservations for lap lanes, family swim and group exercise classes are required. Reservations can be made up to 24 hours in advance by calling the Welcome Center at (914) 632-1818 or visiting our website at NRYMCA.ORG. Private Swim lessons are available daily and may be taught at any time that there is a lane reservation available. All group fitness classes will be socially distanced and limited. Reservations are required - no walk-ins permitted.
6:00-6:45am Lap Swim	6:00-6:45am Lap Swim	6:00-6:45am Lap Swim	6:00-6:45am Lap Swim	6:00-6:45am Lap Swim			
7:00-7:45am Lap Swim	7:00-7:45am Lap Swim	7:00-7:45am Lap Swim	7:00-7:45am Lap Swim	7:00-7:45am Lap Swim	7:00-7:45am Lap Swim		
8:00-8:45am Lap Swim	8:00-8:45am Lap Swim	8:00-8:45am Lap Swim	8:00-8:45am Lap Swim	8:00-8:45am Lap Swim	8:00-8:45am Lap Swim	8:00-8:45am Lap Swim	
9:00-9:45am Silver Splash	9:00-9:45am Water Funk	9:00-9:45am Aqua Zumba	9:00-9:45am Water Funk	9:00-9:45am Silver Splash	9:00-9:45am Deep Water Aerobics	9:00-9:45am Lap Swim	
10:00-10:45am Lap Swim	10:00-10:45am Lap Swim	10:00-10:45am Lap Swim	10:00-10:45am Lap Swim	10:00-10:45am Lap Swim	10:15-11:00am Glide Fit	10:00-10:45am Lap Swim	
11:00-11:45am Lap Swim	11:00-11:45am Lap Swim	11:00-11:45am Lap Swim	11:00-11:45am Lap Swim	11:00-11:45am Lap Swim	11:00am-2:45pm Youth Programing	11:00-11:45am Lap Swim	
12:00-12:45pm Lap Swim	12:00-12:45pm Lap Swim	12:00-12:45pm Lap Swim	12:00-12:45pm Lap Swim	12:00-12:45pm Lap Swim		12:00pm-2:00pm Youth Programing	
1:00-1:45pm Lap Swim	1:00-1:45pm Lap Swim	1:00-1:45pm Lap Swim	1:00-1:45pm Lap Swim	1:00-1:45pm Lap Swim			
2:00-2:45pm Lap Swim	2:00-2:45pm Lap Swim	2:00-2:45pm Lap Swim	2:00-2:45pm Lap Swim	2:00-2:45pm Lap Swim	3:00PM-4:45PM Family Swim	2:00PM-4:45PM Family Swim	
3:00-3:45pm Lap Swim	3:00-3:45pm Lap Swim	3:00-3:45pm Lap Swim	3:00-3:45pm Lap Swim	3:00-3:45pm Lap Swim			
4:00-4:45pm Lap Swim	4:00-4:45pm Lap Swim	4:00-4:45pm Lap Swim	4:00-4:45pm Lap Swim	4:00-4:45pm Lap Swim			
5:00-5:45pm Lap Swim	5:00-5:45pm Family Swim	5:00-5:45pm Family Swim	5:00-5:45pm Family Swim	5:00-6:45pm Lap Swim			
6:00-6:45pm Swim Team	6:00-6:45pm Deep Water Aerobics	6:00-6:45pm Swim Team	6:00-6:45pm Deep Water Aerobics	6:00-6:45pm Swim Team			
8:00-8:45pm Family Swim	7:00-9:00pm Swim Team		7:00-9:00pm Swim Team		8:00-8:45pm Family Swim		

PLEASE NOTE The New Rochelle YMCA will have a limited schedule in observance of Christmas and New Years. Please check our website and front desk for more information.

Phone Reservations: (914) 632-1818
Online Reservations: NRYMCA.ORG

Updated 10/5/2021