

POOL SCHEDULE
1/31/2022 to 2/5/2022

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. Members who fail to make reservations will be denied access to the pool. 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	10:00-12pm French-American School	10:00-12pm French-American School	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			11:00am-2:45pm Youth Programing	12:00pm-2:00pm Youth Programing	
12:00-12:45pm Lap Swim	12:00-12:45pm Lap Swim	12:00-12:45pm 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 French American School	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			
	7:00-8:00pm Swim Team		7:00-8:00pm Swim Team				
8:00-8:45pm Family Swim	8:00-8:45pm Family Swim	8:00-9:00pm French American School	8:00-8:45pm Family Swim	8:00-8:45pm Y-PROGRAMING			

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

Updated 1/31/2022