

**POOL SCHEDULE**  
11/01/2023-11/30/2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am Lap Swim	6:00-7:00am Lap Swim	6:00-7:00am Lap Swim	6:00-7:00am Lap Swim	6:00-7:00am Lap Swim		
7:00-8:00am Lap Swim	7:00-8:00am Lap Swim	7:00-8:00am Lap Swim	7:00-8:00am Lap Swim	7:00-8:00am Lap Swim	7:00-8:00am Lap Swim	
8:00-9:00am Lap Swim	8:00-10:00am Water Funk	8:00-9:00am Lap Swim	8:00-9:00am Lap Swim	8:00-9:00am Lap Swim	8:00-9:00am Lap Swim	8:00-9:00am Lap Swim
9:00-10:00am Silver Splash	9:00-10:00am Water Funk	9:00-10:00am Aqua Zumba	9:00-10:00am Water Funk	9:00-10:00am Silver Splash	9:00-10:00pm Aqua Flex	9:00-10:00am <b>Lap Swim (4L)</b> Group Lessons (2L)
10:00-11:00am Lap Swim	10:00-11:00pm Lap Swim	10:00-11:00am Lap Swim	10:00-11:00am Lap Swim	10:00-11:00am Lap Swim		
11:00-12:00pm <b>Lap Swim (4L)</b> Group	11:00-12:00pm Lap Swim	11:00-12:00pm Lap Swim	11:00-12:00pm Lap Swim	11:00-12:00pm Lap Swim	10:00am-1:00pm Group Lessons (5L)	10:00am-1:00pm Group Lessons (5L)
12:00-1:00pm Lap Swim	12:00-1:00pm Lap Swim	12:00-1:00pm Lap Swim	12:00-1:00pm Lap Swim	12:00-1:00pm Lap Swim	Private Lessons (1L)	Private Lessons (1L)
1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim		2:00PM-2:45PM <b>FAMILY SWIM</b>
2:00-3:00pm Lap Swim	2:00-3:00pm Lap Swim	2:00-3:00pm Lap Swim	2:00-3:00pm Lap Swim	2:00-3:00pm Lap Swim		
3:00-4:00pm Lap Swim	3:00-4:00pm Lap Swim	3:00-4:00pm Lap Swim	3:00-4:00pm Lap Swim	3:00-4:00pm Lap Swim	1:00pm-3:45pm <b>Lap Swim</b> <b>FAMILY SWIM</b>	3:00PM-4:45PM <b>Lap Swim</b> Family Swim
4:00-5:00pm Group Lessons (2L) Private Lessons (1L) <b>Swim Team (3L)</b>	4:00-5:00pm Private Lessons (2L) Group Lessons (2L) <b>Lap</b>	4:00-5:00pm Group Lessons (2L) Private Lessons (1L) <b>Swim Team (3L)</b>	4:00-5:00pm Group Lessons (2L) Private Lessons (2L) <b>Lap Swim (2L)</b>	4:00-5:00pm Private Lessons (1L) <b>After School (2L)</b> <b>Swim Team (3L)</b>	4:00-5:30PM <b>FASNR</b>	
5:00-6:00pm <b>Swim Team (5L)</b> Group Lessons (1L)	5:00-6:00pm <b>Swim Team (5L)</b> Group Lessons (1L)	5:00-6:00pm <b>Swim Team (4L)</b> Group Lessons (2L)	5:00-6:00pm Group Lessons (2L) Private Lessons (2L) <b>Lap Swim (2L)</b>	5:00-6:00pm <b>Swim Team (5L)</b> Private Lessons (1L)		
6:00-7:00pm <b>Swim Team (6L)</b>	6:00-6:30pm <b>Swim Team (6L)</b>	6:00-7:00pm <b>Swim Team (2L)</b> Yardage Wednesday's (2L) Group	6:00-6:45pm Deep Water Conditioning	6:00-7:00pm <b>Swim Team (6L)</b>		
7:00-8:00pm <b>Swim Team (5L)</b> Group Lessons (1L)	6:30-7:15pm Deep Water Conditioning	7:00-8:00pm <b>Swim Team (2L)</b> Yardage Wednesday's (2L) Group Lessons (2L)	6:45-8:00pm <b>Swim Team (5L)</b> Group Lessons (1L)	7:00-8:00pm <b>Swim Team (6L)</b>		
8:00-9:00pm <b>Lap Swim</b>	7:30-9:00pm <b>FASNR</b>	8:00-9:00pm <b>Lap Swim</b>	8:00-9:00pm <b>FASNR</b>	8:00-9:00pm <b>Family Swim</b>		

**Pool Schedule**

**Yellow** ■  
(LAP SWIMMING) ■

**Blue**  
(AQUATIC GROUP CLASSES) ■

**Orange**  
(FAMILY SWIM)  
\*Must be under family membership to participate  
\*NO LAP SWIMMING ■

**Red**  
(PRIVATE SWIM CLASSES)  
(LIFEGUARD CLASS)

**Green --**  
(Sailfish Swim)

**Summer Camp** -

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