

POOL SCHEDULE
12/01/2023-12/31/2023

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 Lap Swim (4L) 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 Lap Swim (4L) 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 FAMILY 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	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 Lap Swim FAMILY SWIM	3:00PM-4:45PM Lap Swim Family Swim
4:00-5:00pm Group Lessons (2L) Private Lessons (1L) Swim Team (3L)	4:00-5:00pm Private Lessons (2L) Group Lessons (2L) Lap	4:00-5:00pm Group Lessons (2L) Private Lessons (1L) Swim Team (3L)	4:00-5:00pm Group Lessons (2L) Private Lessons (2L) Lap Swim (2L)	4:00-5:00pm Private Lessons (1L) After School (2L) Swim Team (3L)	4:00-5:30PM FASNR	
5:00-6:00pm Swim Team (5L) Group Lessons (1L)	5:00-6:00pm Swim Team (5L) Group Lessons (1L)	5:00-6:00pm Swim Team (4L) Group Lessons (2L)	5:00-6:00pm Group Lessons (2L) Private Lessons (2L) Lap Swim (2L)	5:00-6:00pm Swim Team (5L) Private Lessons (1L)		
6:00-7:00pm Swim Team (6L)	6:00-6:30pm Swim Team (6L)	6:00-7:00pm Swim Team (2L) Yardage Wednesday's (2L) Group	6:00-6:45pm Deep Water Conditioning	6:00-7:00pm Swim Team (6L)		
7:00-8:00pm Swim Team (5L) Group Lessons (1L)	6:30-7:15pm Deep Water Conditioning	7:00-8:00pm Swim Team (2L) Yardage Wednesday's (2L) Group Lessons (2L)	6:45-8:00pm Swim Team (5L) Group Lessons (1L)	7:00-8:00pm Swim Team (6L)		
8:00-9:00pm Lap Swim	7:30-9:00pm FASNR	8:00-9:00pm Lap Swim	8:00-9:00pm FASNR	8:00-9:00pm Family Swim		

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

Updated 11/30/2023