

New Rochelle YMCA Pool Schedule Effective November 9th, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>We take COVID-19 very seriously and want to ensure the safety of our members and staff.</p> <p>All members should reserve lanes 24hrs in advance by calling the Welcome Center, or call in advance for same day reservations.</p> <p>All swimmers must arrive in swimwear and be prepared to leave in swimwear. There will not be any locker room access.</p> <p>Family Swim space limited to 3 families. Reservations are recommended.</p> <p>Private Swim lessons are available daily and may be taught at any time that there is a lane reservation available.</p> <p>All group fitness classes will be socially distanced.</p> <p>Key:</p> <p>Fitness Class</p> <p>Afterschool</p> <p>Lap Swim</p> <p>15-Minute Cleaning</p> <p>Family Swim</p> <p>Swim Lessons</p> <p>Swim Team</p> <p>Seniors Only Program (60+)</p>
6-6:45am Lap Swim	6-6:45pm Lap Swim	6-6:45pm Lap Swim	6-6:45pm Lap Swim	6-6:45pm Lap Swim		
7-7:45am Lap Swim	7-7:45am Lap Swim	7-7:45am Lap Swim	7-7:45am Lap Swim	7-7:45am Lap Swim	7-7:45am lap swim	
8-8:45am Lap Swim	8-8:45am Lap Swim	8-8:45am Silver Sneakers Lap Swim	8-8:45am Lap Swim	8-8:45am Lap Swim	8-8:45am Lap Swim	
9-9:45am Water Funk	9-9:45am Lap Swim	9-9:45am Aqua Zumba	9-9:45am Water Funk	9-9:45am Silver Splash	9-9:45am Aqua Flex	
10-10:45am Sliver Splash	10-10:45am Lap Swim	10-10:45am Family Swim	10-10:45am Lap Swim	10-10:45am Family Swim	10:15-11:00am Glide Fit	
11-11:45am Lap Swim	11-11:45am Lap Swim	11-11:45am Lap Swim	11-11:45am Lap Swim	11-11:45am Lap Swim	11:15am-3:30pm Youth Swim Lessons	
12-12:45pm Lap Swim	12-12:45pm Lap Swim	12-12:45pm Lap Swim	12-12:45pm Lap Swim	12-12:45pm Lap Swim		
1-1:45pm Lap Swim	1-1:45pm Lap Swim	1-1:45pm Lap Swim	1-1:45pm Lap Swim	1-1:45pm Family Swim		
2-2:45pm Lap Swim	2-2:45pm Lap Swim	2-2:45pm Lap Swim	2-2:45pm Lap Swim	2-2:45pm Lap Swim		
		3-3:45pm Afterschool Swim				
3-5:30pm Youth Swim Lessons	3-5:45pm Lap Swim (lanes 1-3)	3-5:30pm Youth Swim Lessons	3-6pm Swim Team	3-5:30pm Youth Swim Lessons	3:15-4:45pm Family Swim	
5-8pm Swim Team	6-8pm Swim Team	3:45-8pm Swim Team	3-6pm Swim Team	5-8pm Swim Team		
			6:15-7pm Glide Fit	6-8pm Adult Swim Lessons		
7-8:45pm Lap Swim	7-8:45pm Lap Swim	7-8:45pm Lap Swim	7:15-8:45pm Lap Swim	8-8:45pm Lap Swim		