

POOL SCHEDULE
9/01/2022 to 9/31/2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	9:00-9:45pm Deep Water Conditioning	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	10:00-10:45am Glide Fit	10:00-10:45 Private Lessons
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 Group Lessons Private Lessons	11:00am- 2:45pm Group Lessons Private Lessons
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		
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		Lap Swim 1:00pm- 4:45pm Lanes 1 & 2
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	2:00pm-4:45pm Group Lessons Private Lessons Family Swim	2:00pm-4:45pm Group Lessons Private Lessons Family Swim
4:00-4:45pm Lap Swim Private Lessons	4:00-4:45pm Group Lessons Lifeguard Prep Private Lessons	4:00-4:45pm Family Swim Group Lessons Private Lessons	4:00-4:45pm Lifeguard Prep Private Lessons	4:00-4:45pm After school Private Lessons		
5:00-5:45pm Group Lessons Private Lessons	5:00-5:45pm Group Lessons Private Lessons	5:00-5:45pm Family Swim Group Lessons Private Lessons	5:00-5:45pm Family Swim	5:00-5:45pm Group Lessons Laps Swim Private Lessons		
6:00-6:45pm Private Lessons Swim Team	6:00-6:45pm Deep Water Conditioning	6:00-6:45pm Private Lessons Swim Team	6:00-6:45pm Deep Water Conditioning	6:00-6:45pm Swim Team Group Lessons		
7:00-7:45pm Group Lessons Swim Team	7:00-7:45pm Swim Team	7:00-7:45pm Group Lesson Swim Team	7:00-7:45pm Group Lessons Swim Team	7:00-7:45pm Swim Team		
8:00-8:45pm Private Lessons Family Swim	8:00-8:45pm Group Lessons Private Lessons Family Swim	8:00-8:45pm Group Lessons Family Swim	8:00-8:45pm Lap Swim Group Lessons	8:00-8:45pm Lap Swim 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)

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

Updated 10/1/2022