

## AQUATICS SCHEDULE SPRING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 9 am Men, Open Swim, Laps	7:30 - 11:30 am General, Open Swim, Laps	7:30 - 9 am Men, Open Swim, Laps	7:30 - 9 am General, Open Swim, Laps	7:30 - 8:30 am General, Open Swim, Laps	7:30- 9 am Women, Open Swim, Laps	<b>CLOSED</b>
9-10 am Swim 'n' Skills	11:30 am - 1 pm Women, Open Swim, Laps	9 - 11 am General, Open Swim, Laps	9 - 10:30 am Women, Open Swim, Laps	8:30- 10 am Women, Open Swim, Laps	9 - 10 am Men, Open Swim, Laps	
10 am - 12 pm General/Family Open Swim, Laps		11 am - 2 pm Women, Open Swim, Laps	10:30 am - 11:45 pm General, Open Swim, Laps	10 - 12 pm General, Open Swim, Laps	10 am - 12 pm General, Open Swim, Laps	
11 - 11:45 am Swim Classes						
12 - 1:50 pm Women, Open Swim, Laps		3:15 - 8:30 pm Swim Classes	3:15 - 8:45 pm Swim Classes	12 - 2 pm Women, Open Swim, Laps	3:15 - 5 pm Swim Classes	
2 - 7:15 pm Swim Classes	3:15 - 8:45 pm Swim Classes	7 pm - 8:30 pm General/Family Open Swim, Laps	7 pm - 9 pm Women, Open Swim, Laps	3:15 - 8:30 pm Swim Classes		
	7 pm - 9 pm Women, Open Swim, Laps	8:30-9:45 pm Men, Open Swim, Laps	9 - 9:45 pm General, Open Swim, Laps	7 pm - 8:30 pm General/Family Open Swim, Laps		
	9-9:45 pm General, Open Swim, Laps			8:30- 9:45 pm Men, Open Swim, Laps		

### AQUATICS HOURS:

**MONDAY - THURSDAY** 7:30 AM - 9:45 PM

**FRIDAY** 7:30 AM - 5 PM

**SUNDAY** 8 AM - 7:15 PM

**AQUATICS #:** 718.241.3000 EXT. 137

### POOL RULES:

1. Caps must be worn if hair is shoulder length or longer.
2. Swimming specific bathing suits must be worn. No water shoes.
3. Soap and shower before swimming.
4. Children under 13 must be accompanied by an adult at all times.
5. Children over the age of 3 must use the gender appropriate Locker Room

*The schedule is subject to change.*