

AQUATICS SCHEDULE FALL 2023

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

KEY

- Men Open Swim
- General, Open Swim
- Swim Classes
- Women, Open Swim
- General/Family, Open Swim

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.