

ADULT LAP SWIM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8 - 8:50 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 7:45 AM 4 LANES	8 - 8:50 AM 4 LANES	
12 - 1 PM 2 LANES; CHILDREN	8 - 8:45 AM 2 LANES; AQUA CLASS	8 - 8:45 AM 3 LANES; STATIONARY	7:45 - 8:45 AM 2 LANES; AQUA CLASS	8 - 9 AM 3 LANES; STATIONARY	7:45 - 8:30 AM 2 LANES; AQUA CLASS	12 - 1 PM 2 LANES; CHILDREN	
4 - 5 PM * 3 LANES; TEEN SWIM	10 - 11 AM 2 LANES; CHILDREN	10 - 11 AM 2 LANES; CHILDREN	10 - 11 AM 2 LANES; CHILDREN	9 - 10 AM 4 LANES	10 - 10:40 AM 2 LANES; CHILDREN	5 - 8 PM 4 LANES	
5- 6 PM 2 LANES; AQUA CLASS	11 - 11:30 AM 4 LANES	11 AM - 12 PM 3 LANES; STATIONARY	11 AM - 12 PM 3 LANES; STATIONARY	10 - 11 AM 2 LANES; CHILDREN	11:40 AM- 12 PM 4 LANES		
6 - 7 PM 4 LANES	11:30 AM- 12:25 PM 2 LANES; AQUA CLASS	12 - 12:55 PM 2 LANES; AQUA CLASS	12 - 12:55 PM 2 LANES; AQUA CLASS	11 AM - 12 PM 3 LANES; STATIONARY	12 - 12:55 PM 2 LANES; AQUA CLASS		
7 - 8 PM 2 LANES; ADULT CLASS	12:25 - 1:30 PM 4 LANES	1 - 1:30 PM 4 LANES	1 - 1:30 PM 4 LANES	12 - 12:55 PM 2 LANES; AQUA CLASS	1 - 1:30 PM 4 LANES		
* Advance Push-Notification via App will be sent when session is not available.	1:30 - 3 PM 2 LANES; CHILDREN	1:30 - 3 PM 2 LANES; CHILDREN	1:30 - 3 PM 2 LANES; CHILDREN	1 - 1:30 PM 4 LANES	1:30 - 3 PM 2 LANES; CHILDREN		
	3 - 3:45 PM * 1 LANE TEEN LAP SWIM	3 - 3:45 PM * 1 LANE TEEN LAP SWIM	3 - 3:45 PM * 1 LANE TEEN LAP SWIM	3 - 3:45 PM 2 LANES; CHILDREN	3 - 3:45 PM * 1 LANE TEEN LAP SWIM		
	6:30- 10 PM 4 LANES	7:30 - 10 PM 4 LANES	7:30 - 10 PM 4 LANES	3 - 3:45 PM * 1 LANE TEEN LAP SWIM			
			* No Adult Lap Swim	6:30 - 8:30 PM 2 LANES; ADULT CLASS			
				8:30 - 10 PM 4 LANES			

HOURS OF OPERATIONS

MON - THU
6 AM - 10 PM
FRI
6 AM - 8 PM
SAT & SUN
8 AM - 8 PM

STATIONARY HOURS

TUE & THU
8- 8:45 AM
TUE WED THU
11 AM- 12 PM

TEEN HOURS

MON - FRI
3-3:45 PM
*No Adult Lap Swim
SUN
4- 5 PM

NO ADULT LAP SWIM

MON & WED
8:45-10 AM 3-6:30 PM
TUE & THU
8:45-10 AM 3-7:30 PM
FRI
8:45-10 AM 10:40-11:40 AM 3-8 PM
SAT
9 AM-12 PM 1-5 PM
SUN
9 AM-12 PM 1-4 PM

ADULT AQUACISE CLASSES

Online reservations are required via [Myclubonline.com](https://myclubonline.com) or 92NY app. To avoid the \$15 no-show fee, you may cancel the reservation up to an hour before the scheduled session via the app or Online reservation system.

MON 8-8:45 AM	WED 7:45-8:45 AM	FRI 7:45-8:30 AM	MON 11:30 AM-12:25 PM	TUE - FRI 12-12:55 PM	SUN 5 - 5:55 PM
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Aqua Pump (MON & FRI)

Get a total body, weight resistance workout using aqua lightweight foam bells and the resistance of the water to help strengthen muscles and bones.

Aquacise (MON-FRI & SUN)

All levels. Swimmers and non-swimmers benefit from this no-weight-bearing exercise class that improves flexibility, coordination, strength and endurance.

Interval Aqua (WED)

Vigorous Aqua class combining card and resistance exercises.

Download the App



POOL ETIQUETTE

1. All participants must shower before entering the pool and/or Endless Pool(s).
2. Swim caps are required.
3. All patrons must follow the Standards of Acceptable Behavior at all times while on the pool deck, in the Endless pools or in the pool.
4. All patrons must follow the directive of the lifeguard on duty to ensure a safe environment for all swimmers.
5. The lifeguard in his/her sole discretion will determine the appropriate lane for all swimmers.
6. When the whistle is blown, stop swimming, look for the lifeguard and listen for instructions.
7. Any contact (including tapping the feet) between swimmers will not be tolerated. Please pass at the wall.
8. During Lap Swim, all swimmers must circle swim.
9. Foul and abusive language is not permitted.