

POOL SCHEDULE | MAY. 8 - JUN. 30



ADULT LAP SWIM *Max 6 Swimmers per lane*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:55 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	8 - 8:55 AM 4 LANES
12:30 - 1 PM 2 LANES; CHILDREN	8 - 8:55 AM 2 LANES; AQUA CLASS	8 - 9 AM 3 LANES; STATIONARY	8 - 8:55 AM 2 LANES; AQUA CLASS	8 - 9 AM 3 LANES; STATIONARY	8 - 8:55 AM 2 LANES; AQUA CLASS	12 - 1 PM 2 LANES; CHILDREN
1 - 1:30 PM 4 LANES	9 - 9:55 AM 4 LANES	9 - 9:55 AM 4 LANES	9 - 9:55 AM 4 LANES	9 - 11:15 AM 2 LANES; CHILDREN	9 - 9:55 AM 4 LANES	
4 - 5 PM 3 LANES; STATIONARY	10 - 10:30 AM 2 LANES; CHILDREN	10 - 10:30 AM 2 LANES; CHILDREN	10 - 11 AM 3 LANES; CHILDREN	11:15 AM - 12PM 4 LANES	10 - 10:30 AM 3 LANES; CHILDREN	
5 - 6 PM 2 LANES; AQUA CLASS	11:30 AM - 12 PM 4 LANES	11:30 AM - 12 PM 4 LANES	11 AM - 12 PM 4 LANES	12 - 12:55 PM 2 LANES; AQUA CLASS	11:30 AM - 12 PM 4 LANES	
6 - 7 PM 4 LANES	12 - 12:55 PM 2 LANES; AQUA CLASS	12 - 12:55 PM 2 LANES; AQUA CLASS	12 - 12:55 PM 3 LANES; STATIONARY	1 - 3 PM 2 LANES; CHILDREN	12 - 12:55 PM 3 LANES; STATIONARY	
7 - 7:55 PM 2 LANES; ADULT CLASS	1 - 2 PM 4 LANES	1 - 2:30PM 4 LANES	1 - 2 PM 4 LANES	7:30-8:30 PM 2 LANES; ADULT CLASS	1 - 2 PM 2 LANES; CHILDREN	
	2 - 2:30 PM 2 LANES; CHILDREN	7:30 - 10 PM 4 LANES	2 - 2:30 PM 2 LANES; CHILDREN	8:30 -10 PM 4 LANES	2 - 3 PM 2 LANES;CHILDREN	
	6:30 -10 PM 4 LANES		6:30 - 10 PM 4 LANES			

FACILITY HOURS

MON - THU 6 AM - 10 PM
FRIDAY 6 AM - 8 PM
SATURDAY 8 AM - 3 PM
SUNDAY 8 AM - 8 PM

POOL ETIQUETTE

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

POOL RENTAL NO ADULT LAP SWIM

MON - TUE - FRI
10:30 AM - 11:30 AM

TEEN LAP SWIM MON - WED - FRI

3 PM - 3:45 PM

STATIONARY HOURS

TUE - THU
8:15 AM - 9 AM
WED - FRI
12 PM - 12:55 PM
SUN
4 PM - 4:55 PM

Download the App



ADULT AQUACISE CLASSES

Online reservations are required via Myiclubonline.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 - WED - FRI 8 AM - 8:55 AM	MON - TUE - THU 12 PM - 12:55 PM	SUN 5 PM - 5:55 PM
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CLASS DESCRIPTION

Aqua Pump (MON) 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 (TUE & THU) 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.	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.
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