

ADULT LAP SWIM

Swim times are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM 4 lanes	6:00-8:00 AM 4 lanes	6:00-8:00 AM 4 lanes	6:00-8:00 AM 4 lanes	6:00-8:00 AM 4 lanes	6:00-7:45 AM 4 lanes	8:00-9:00 AM 4 lanes
12:00-1:00 PM 2 lanes - Child Class	8:00-9:00 AM 2 lanes - Aqua Pump	8:00-9:00 AM 3 lanes - Stationary	8:00-8:55 AM 2 lanes - Interval Aqua	8:00-9:00 AM 3 lanes - Stationary	7:45-9:00 AM 2 lanes - Aqua Pump	12:00-1:00 PM 2 lanes - Child Class
3:00-4:00 PM Family Swim	9:00-10:30 AM 4 lanes	9:00-10:00 AM 4 lanes	9:00-10:00 AM 4 lanes	9:00-10:30 AM 4 lanes	9:00-10:00 AM 4 lanes	5:30-7:00 PM 4 lanes
4:00-7:00 PM 4 lanes	11:45 AM-1:00 PM 2 lanes - Aqua Pump	10:00-10:30 AM 2 lanes - Child Class	10:00-10:30 AM 2 lanes - Child Class	11:45 AM-1:00 PM 2 lanes - Aquacise	10:00-10:30 AM 2 lanes - Child Class	7:00-8:00 PM 3 lanes - Adult Class
7:00-8:00 PM 2 lanes - Adult class	1:00-2:00 PM 4 lanes	11:45 AM-1:00 PM 2 lanes - Aquacise	11:45 AM-1:00 PM 2 lanes - Aquacise	1:00-2:00 PM 4 lanes	11:45 AM-1:00 PM 2 lanes - Aqua Pump	
	2:00-3:00 PM 2 lanes - Child Class	1:00-2:00 PM 4 lanes	1:00-2:00 PM 2 lanes; Child Class	2:00-3:00 PM 2 lanes - Child Class	1:45-3 PM 2 lanes - Child Class	
	3-4 PM Teen Lap Swim	2:00-3:00 PM 2 lanes - Child Class	2:00-3:00 PM 2 lanes - Child Class	3-4 PM Teen Lap Swim	3-4 PM Teen Lap Swim	
	6:30-7:30 PM 4 lanes	3-4 PM Teen Lap Swim	3-4 PM Teen Lap Swim	7:30-8:30 PM 3 lanes - Stationary		
	7:30-8:30 PM 3 lanes - Stationary	7:30-8:30 PM 3 lanes - Stationary	7:30-8:30 PM 3 lanes - Stationary	8:00-10:00 PM 4 lanes		
	8:30-10:00 PM 4 lanes	8:30-10:00 PM 4 lanes	8:30-10:00 PM 4 lanes			

STATIONARY HOURS
TUE THU 8:00-9:00 AM
MON-THU 7:30-8:30 PM

HOURS OF OPERATION
MON-THU 6:00 AM-10:00 PM
FRI 6:00 AM-8:00 PM
SAT & SUN 8:00 AM-8:00 PM

NO ADULT LAP SWIM
MON 10:30-11:45 AM 3:00-6:30 PM
TUE, WED & THU 10:30-11:45 AM 3:00-7:30 PM
FRI 10:30-11:45 AM 1:00-1:45 PM 3:00-8:00 PM
SAT 9:00 AM-12:00 PM 1:00-5:30 PM
SUN 9:00 AM-12:00 PM 1:00-4:00 PM

ADULT AQUACISE CLASSES

Online reservations are required in the 92NY app. To avoid the \$15 no-show fee, cancel your reservation in the app at least one hour before the scheduled session.

AQUA PUMP

Monday: 8:00-8:55 AM
Friday: 7:45-8:35 AM

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

Tuesday-Thursday: 11:45-12:45 PM

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

INTERVAL AQUA

Wednesday: 8:00-8:55 AM

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.

Etiquette updated: September 30, 2026