WINTER POOL SCHEDULE

// UPPER EAST SIDE CAMPUS // JANUARY 4 - FEBRUARY 28, 2025

LAP SWIM (LAP POOL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 7am 3 x 25 yards	5:30am - 7:30am 3 x 50 meters	5:30am - 12pm 7 x 25 yards	5:30am - 7:30am 3 x 50 meters		8am - 9:15am 3 x 50 meters	8am - 9:45am 3 x 50 meters
7am - 12pm 7 x 25 yards	7:30am - 8:15am NO LANES AVAILABLE		7:30am - 8:15am NO LANES AVAILABLE	5:30am - 12pm 7 x 25 yards		
	8:15am - 12pm 7 x 25 yards		8:15am - 12pm 7 x 25 yards		9:15am - 10am NO LANES AVAILABLE	9:45am - 10:30am NO LANES AVAILABLE
12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards		10:30am - 3pm 3 x 25 yards
1pm - 3:30pm 7 x 25 yards	lpm - 3:30pm 7 x 25 yards	1pm - 3:30pm 7 x 25 yards	1pm - 3:30pm 7 x 25 yards	1pm - 2:30pm 7 x 25 yards	10am - 5pm 3 x 25 yards	
				2:30pm - 3:30pm 1 5 x 25 yards		
3:30pm - 4pm 3 x 25 yards	3:30pm - 5:30pm	3:30pm - 6pm NO LANES AVAILABLE	3:30pm - 6pm NO LANES AVAILABLE	3:30pm - 4pm 3 x 25 yards		
4pm - 6pm NO LANES AVAILABLE	NO LANES AVAILABLE			4pm - 5:30pm NO LANES AVAILABLE	5pm - 5:30pm NO LANES AVAILABLE	3pm - 8pm 7 x 25 yards
6pm - 8:30pm 3 x 25 yards	5:30pm - 8pm 3 x 25 yards	6pm - 8pm 3 x 25 yards	6pm - 8pm 3 x 25 yards	5:30pm - 8:30pm 3 x 25 yards	5:30pm - 8pm 7 x 25 yards	
8:30pm - 10pm 7 x 25 yards	8pm - 10pm 6 x 25 yards	8pm - 10pm 7 x 25 yards	8pm - 10pm 6 x 25 yards	8:30pm - 10pm 7 x 25 yards		

LANE AVAILABILITY KEY:

7 or more lanes available					
3 or more(50 meter) lanes available					
2-6 lanes available					
No lanes available					

LANE SWIMMING TIPS:

- One lane in the Olympic pool can safely and comfortably accommodate 6-8 swimmers.
- Practice circle swimming by swimming on the right side of the lane at all times.
- For safety, we recommend waiting until you reach the wall to pass swimmers.
- Always enter the pool feet first no diving.
- If you would like to know the exact number of lanes available for your swim time, please call (212) 369-8890 x2245.

WINTER POOL SCHEDULE

// UPPER EAST SIDE CAMPUS
// JANUARY 4 - FEBRUARY 28, 2025

RECREATIONAL SWIM (LAP POOL OR TEACHING & EXERCISE POOL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
T/E POOL	T/E POOL	T/E POOL	T/E POOL	T/E POOL	T/E POOL	OLYPMIC POOL	T/E POOL
						2pm - 4pm	
						Family Rec.	
					5:30pm - 7pm		6pm - 7pm
					Family Rec.		Adult Rec.
7:30pm - 9pm Family Rec .	8pm - 9pm Adult Rec .	7:30pm - 9pm Family Rec .	8pm - 9pm Adult Rec .				

POOL AVAILABILITY KEY:



FAMILY REC SUPERVISION REQUIREMENTS:

Children that can't stand with their mid-chest, head, and chin out of the water, must always be within arm's length of an actively involved adult caregiver who is in the water with the child; or be wearing a properly fitted United State Coast Guard (USCG) approved personal flotation device (PFD).

During recreation times, children 8 years of age and under must have a designated guardian (over the age of 18) supervising them in the pool area.

Children ages 9-12 may be in the pool area without an on-deck supervising adult, but a supervising adult MUST remain in the pool-viewing area and easily accessible in the event of emergencies.

LANE SWIMMING TIPS:

- One lane in the Olympic pool can safely and comfortably accomodate 6-8 swimmers
- Practice circle swimming by swimming on the right side of the lane at all times.
- For safety, we recommend waiting until you reach the wall to pass swimmers.
- Always enter the pool feet first no diving.
- If you would like to know the exact number of lanes available for your swim time, please call (212) 369-8890 x2245.