



# 2018-2019 POOL SCHEDULE

EFFECTIVE SEPT. 4 - JUNE 25 *Pool schedule subject to change.*

**KEY** Co-ed Swim: ages 6 and under  
Adult Swim: ages 16+  
Open Swim: any age

## SUNDAYS

8:00 AM – 12:55 PM | Men's Adult Swim, ages 16+  
11:00 AM – 12:55 PM | Men's Open Swim & Father/Child Co-ed Swim  
(girls must be 6 and under)  
1:00 – 3:30 PM | Women's Adult Swim, ages 16+  
3:30 – 6:25 PM | Women's Open Swim & Mother/Child Co-ed Swim  
(boys must be 6 and under)  
6:30 – 9:00 PM | Men's Open Swim

## MONDAYS & WEDNESDAYS

6:30 – 8:55 AM | Men's Adult Swim, ages 16+  
9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+  
12:00 – 12:45 PM | Women's Water Exercise Class  
1:00 – 5:00 PM | Reserved for Instructional Swim  
5:00 – 6:00 PM | Women's Adult Swim, ages 16+  
6:00 – 9:00 PM | Women's Open Swim & Mother/Child Co-ed Swim  
(boys must be 6 and under)

## TUESDAYS & THURSDAYS

6:30 – 8:55 AM | Men's Adult Swim, ages 16+  
9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+  
1:00 – 5:00 PM | Reserved for Instructional Swim  
5:00 – 6:00 PM | Men's Adult Swim, ages 16+  
6:00 – 9:00 PM | Men's Open Swim & Father/Child Co-ed Swim  
(girls must be 6 and under)  
9:00 – 10:00 PM | Men's Adult Swim, ages 16+

## FRIDAYS

6:30 – 8:55 AM | Men's Adult Swim, ages 16+  
9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+  
1:00 – 4:00 PM | Reserved for Instructional Swim

## SATURDAY NIGHTS

Seasonal Hours | Men's Adult Swim, ages 16+

## CHILD SWIM sidebar

To ensure the most enjoyable pool experience possible, please note:

♦ **ADULT SWIM** is reserved for those aged 16+ (and for swimming laps, only) — barring holiday exceptions.

♦ **CHILDREN AGES 10 AND OLDER** are permitted to swim unattended during select times during Open Swim, provided that they know how to swim on their own.

**GIRLS (ages 10+)** | SUN, 3:30–6:25 PM  
MON & WED, 6:00–9:00 PM

**BOYS (ages 10+)** | SUN, 11 AM–12:55 PM  
SUN, 6:30–9:00 PM  
TUE & THURS, 6:00–9:00 PM

♦ **CHILDREN AGES 9 & YOUNGER** must swim in the company of an adult at all times. See schedule for available times.

### Parent/Child Co-ed Swim

+ Children must be 6 years old and under to qualify for co-ed swim.

+ Children ages 3 and older of the opposite sex can change in the Family Changing Room, ONLY. **There is no changing in the sauna or on the pool deck.**

For details and holiday exceptions, call Constantine at (718) 954-3162.

*Note: Persons under 18 are prohibited from entering the sauna at any time.*

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**No food or drinks on pool deck.  
Street shoes of any kind forbidden  
in the pool area. Strictly enforced.**

*Failure to follow all pool rules may lead to a suspension of member privileges. The Center reserves the right to one lane, at any time, for swim instruction.*

Great Things Happen Here

