

EFFECTIVE SEPT. 5 - JUNE 26 *Pool schedule subject to change.*

SUNDAYS

- 8:00 AM – 12:55 PM | Men's Adult Swim, ages 16+
 11:00 AM – 12:55 PM | Father/Child Co-ed Swim
(kids must be under 7 for co-ed swim)
- 1:00 – 6:25 PM | Women's Open Swim
 3:30 – 6:25 PM | Mother/Child Co-ed Swim
(kids must be under 7 for co-ed swim)
- 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
- 1:00 – 5:00 PM | Reserved for Classes
- 5:00 – 9:00 PM | Women's Open Swim
 6:00 – 7:00 PM | Mother/Child Co-ed Swim
(kids must be under 7 for co-ed swim)

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 Classes
- 5:00 – 6:00 PM | Men's Lap Swim, ages 16+
 6:00 – 10:00 PM | Men's Adult Swim, ages 16+
 6:00 – 7:00 PM | Father/Child Co-ed Swim
(kids must be under 7 for co-ed swim)

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 Classes

SATURDAYS | Seasonal

KIDS' POOL RULES

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

💧 **CHILDREN 8 AND 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 under 7 years old. Children of the opposite sex must only change in the Family Changing Room adjacent to the pool. **No changing in the sauna or on the pool deck.**

💧 **CHILDREN AGES 9 AND OLDER** are permitted to swim unattended during select times – only if they know how to swim on their own.

GIRLS (9 and older) |

MON and WED, 7:00 to 9:00 PM

BOYS (9 and older) |

TUE and THURS, 7:00 to 9:00 PM

💧 **ADULT SWIM** is reserved for those ages 16+ (and for those looking to swim laps, only) – barring holiday exceptions.

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

Note: **CHILDREN YOUNGER THAN 18** are prohibited from entering the sauna at any time.

Follow us on Instagram for
 breaking news and special offers
 @1901Fitness

**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