



COMPETITION POOL SCHEDULE

Schedule Runs April 1st - May 15th, 2026 but is subject to change.

Participation in aqua fitness classes requires sign up.

You can sign up using the Technogym app and our website at bnymca.org/schedules.

Lap Swim:
Members 16 years and older unless accompanied by an adult & must be continuously swimming laps.

Aqua Fitness Classes:
Members 18 years and older for instructor-led class. See our Aqua Fitness Class schedule for more details about our classes.

Lane Changes:
Lanes for Lap Swim will be moved ten minutes prior to the start of all Aqua Fit classes.

Lifeguard Classes:
The YMCA reserves 2 lap lanes on Fridays from 5:30p-9p, Saturdays from 1p-6p and Sundays from 9a-3p on weekends when Lifeguard Classes take place. Please visit www.bnymca.org to see all upcoming Lifeguard Class sessions.

School Break Days:
This pool will be unavailable from 12:30 p.m. to 1:30 p.m. on days in which we host a School Break Day. Visit the School Break Day page on our website to see what days this will affect.

Circle Swimming:
We ask that those participating in Lap Swim practice Circle Swimming while in our Competition Pool in order to allow for more swimmers to participate.

Adult Swim Lessons (11/22 - 1/10)
2 lap lanes will be utilized for Adult Swim Lessons from 4:30p - 5:30p on the following dates: 11/22, 11/29, 12/13, 12/26, 12/27, 1/3 & 1/10. Please plan your visit to the Y accordingly.

Lap Lane Usage: 4 lap lanes will be in use on the following Sundays from 1-2 p.m.: 2/1 - 3/22, 5/15, 5/22, & 6/7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5a	5a-10a Lap Swim (all lanes)	5a-9a Lap Swim (all lanes)	5a-10a Lap Swim (all lanes)	5a-9a Lap Swim (all lanes)	5a-10a Lap Swim (all lanes)	CLOSED	CLOSED	
5:30								
6a								
6:30								
7a								
7:30	9a-945a Aqua Fit (5 lanes)	9a-945a Lap Swim (3 lanes)	9a-945a Aqua Fit (5 lanes)	9a-945a Lap Swim (3 lanes)	830a-1130a Swim School (2) lanes	8a-11a Lap Swim (6 lanes)	6a-9a Lap Swim (all lanes)	
8a								
8:30								
9a								
9:30								
10a	10a-1045a Aqua Fit (5 lanes)	10a-1045a Lap Swim (3 lanes)	10a-1045a Aqua Fit (5 lanes)	10a-1045a Lap Swim (3 lanes)	10a-1045a Aqua Fit (5 lanes)	10a-1045a Lap Swim (3 lanes)	930a-1230p Swim School (2 lanes)	9a-12p Lap Swim (6 lanes)
10:30								
11a								
11:30								
12p								
12:30	12p-1p Adult Lessons (2 lanes)	12p-1p Lap Swim (6 lanes)	1045a-4p Lap Swim (all lanes)	11a-4p Lap Swim (all lanes)	1045a-4p Lap Swim (all lanes)	1130a-1215p Aqua Fit (5 lanes)	1130a-1p Lap Swim (3 lanes)	930a-1230p Swim School (2 lanes)
1p								
1:30								
2p								
2:30								
3p	1p-4p Lap Swim (all lanes)	4p-7p Swim Team (5 lanes)	4p-7p Swim Team (5 lanes)	4p-7p Swim Team (5 lanes)	4p-7p Swim Team (5 lanes)	1215p-1p Aqua Fit (5 lanes)	12p-115p Lap Swim (3 lanes)	115p-730p Lap Swim (all lanes)
4p								
4:30								
5p								
5:30								
6p	4p-7p Aquatics Programming (3 lanes)	4p-7p Swim School (2 lanes)	4p-7p Swim School (2 lanes)	4p-7p Swim School (2 lanes)	4p-7p Swim School (2 lanes)	1p-730p Lap Swim (all lanes)	115p-730p Lap Swim (all lanes)	
6:30								
7p								
7:30								
8p								
8:30	7p-745p Aqua Fit (3 lanes)	7p-745p Lap Swim (5 lanes)	7p-745p Aqua Fit (3 lanes)	7p-745p Lap Swim (5 lanes)	7p-745p Aqua Fit (3 lanes)	7p-745p Lap Swim (5 lanes)	7p-830p Lap Swim (all lanes)	CLOSED
9p								
	745p-830p Lap Swim (all lanes)	745p-830p Lap Swim (all lanes)	745p-830p Lap Swim (all lanes)	745p-830p Lap Swim (all lanes)	745p-830p Lap Swim (all lanes)	CLOSED	CLOSED	

Scan the QR code to learn the basics of circle swimming:



OR

[CLICK HERE](#)

**VIEW
POOL
RULES:**



[OR CLICK HERE](#)