



REC/THERAPY POOL SCHEDULE

Schedule Begins Monday, June 1st and 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.

Open Swim: Adults MUST be in the water at all times with children 15 and under who cannot pass a swim test and do not wear a life jacket. Anyone under the age of 16 is required to take a swim test before entering the pool.

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

Splash Pad: The splash pad will be available during open swim only.

Adult Swim: Members must be 18 years and older.

Swim School: The Rec/Therapy Pool is closed during Swim School.

Specialty Camp: June 22nd - July 31st. Outside of this timeframe, this time slot is Open Swim.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5a	5a-8a Adult Swim	5a-715a Adult Swim	5a-8a Adult Swim	5a-715a Adult Swim	5a-8a Adult Swim	CLOSED	CLOSED
530							
6a							
630							
7a							
730		715a-8a Aqua Fit		715a-8a Aqua Fit			
8a	745a-845a Aqua Fit	8a-9a Swim School	745a-845a Aqua Fit	8a-9a Swim School	8a-845a Aqua Fit		
830							
9a	9a-945a Aqua Fit	9a-11a Summer Camp	9a-945a Aqua Fit	9a-11a Summer Camp	9a-945a Aqua Fit		
930							
10a	945a-1230p Adult Swim		945a-1230p Adult Swim		945a-1230p Open Swim		915a-1230p Swim School
1030							
11a							
1130		1130a-1215p Aqua Fit		1130a-1215p Aqua Fit			
12p						1130a-1230p Adaptive-Inclusive Swim School	
1230							
1p	1230p-130p Specialty Camp	1230p-130p Specialty Camp	1230p-130p Specialty Camp	1230p-130p Specialty Camp	1230p-130p Specialty Camp		1230p-145p Sensory Swim
130						1230p-730p Open Swim	
130	130p-6p Open Swim	130p-4p Open Swim	130p-4p Open Swim	130p-4p Open Swim	130p-4p Open Swim		
170							
230							145p-730p Open Swim
3p							
330							
4p							
430		4p-7p Swim School	4p-7p Swim School	4p-7p Swim School	4p-6p Swim School		
5p							
530							
6p	6p-630p Aqua Fit						
630							
7p	630p-830p Open Swim	7p-830p Open Swim	7p-830p Open Swim	7p-830p Open Swim	6p-830p Open Swim		
730							
8p							
830							
9p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

**VIEW
POOL
RULES:**



OR CLICK HERE