



# COMPETITION POOL SCHEDULE

Schedule starts Monday, June 1st 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](http://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](http://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.

**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**

**Locker Rooms: Men's and Women's Locker Rooms will be unavailable on Tuesdays & Thursdays from 9:45a-10:15a and 10:45a-11:15a during the Summer Camp season.**

**Jr. Lifeguard Camp:** 2 lap lanes are reserved from 8 a.m. to 4 p.m. on 6/22-6/26.

**Bubble Makers:** 2 lap lanes are reserved from 1 p.m. to 3 p.m. on 6/23, 6/25, 7/21, 7/23, 7/28 & 7/30.

	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						6a-8a Lap Swim (all lanes)	6a-9a Lap Swim (all lanes)
6:30							
7a							
7:30							
8a							
8:30						8a-11:30a Swim School (3 lanes)	
9a						8a-11:30a Lap Swim (5 lanes)	9a-12p Lap Swim (6 lanes)
9:30		9:30a-10:15a Aqua Fit (5 lanes)		9:30a-10:15a Aqua Fit (5 lanes)			
10a		9a-9:45a Lap Swim (3 lanes)		9a-9:45a Lap Swim (3 lanes)			
10:30	10a-10:45a Aqua Fit (5 lanes)	10:30a-11:15a Aqua Fit (5 lanes)	10a-10:45a Aqua Fit (5 lanes)	10:30a-11:15a Aqua Fit (5 lanes)	10a-10:45a Aqua Fit (5 lanes)		9:30a-12:30p Swim School (2 lanes)
11a	10a-10:45a Lap Swim (3 lanes)	10a-10:45a Lap Swim (3 lanes)	10a-10:45a Lap Swim (3 lanes)	10a-10:45a Lap Swim (3 lanes)	10a-10:45a Lap Swim (3 lanes)		
11:30	11a-11:45a Aqua Fit (2 lanes)	11a-1p Lap Swim (6 lanes)	10:45a-4p Lap Swim (all lanes)	11:15a-4p Lap Swim (all lanes)	10:45a-4p Lap Swim (all lanes)	11:30a-12:15p Aqua Fit (5 lanes)	11:30a-11:5p Lap Swim (3 lanes)
12p	12p-1p Lap Swim (6 lanes)	11:15a-4p Lap Swim (all lanes)	10:45a-4p Lap Swim (all lanes)	11:15a-4p Lap Swim (all lanes)	10:45a-4p Lap Swim (all lanes)	12:30p-11:5p Aqua Fit (5 lanes)	12:15p-1p Aqua Fit (5 lanes)
12:30	12p-1p Swim School (2 lanes)						12p-11:5p Lap Swim (3 lanes)
1p							
1:30	1p-6p Lap Swim (all lanes)					11:5p-7:30p Lap Swim (all lanes)	11:5p-7:30p Lap Swim (all lanes)
2p							
2:30							
3p							
3:30							
4p							
4:30		4p-7p Swim Team (5 lanes)	4p-6p Lap Swim (5 lanes)	4p-6p Swim School (2 lanes)	4p-7p Swim Team (5 lanes)		
5p						4p-6p Lap Swim (6 lanes)	
5:30		Swim School (2 lanes)	6p-7p Aquatics Program (3 lanes)	Swim School (2 lanes)	Swim School (2 lanes)	4p-6p Swim School (2 lanes)	
6p	6p-7p Aquatics Program (3 lanes)	Lap Swim (1 lane)	Swim School Lap Swim (1 lane)	Lap Swim (1 lane)	Lap Swim (1 lane)	6p-7p Aquatics Program (3 lanes)	
6:30	5p-7p Lap Swim (5 lanes)					6p-7p Lap Swim (5 lanes)	
7p		7p-7:45p Aqua Fit (3 lanes)	7p-7:45p Lap Swim (5 lanes)	7p-7:45p Aqua Fit (3 lanes)	7p-7:45p Lap Swim (5 lanes)		
7:30	7p-8:30p Lap Swim (all lanes)	7p-7:45p Aqua Fit (3 lanes)	7p-7:45p Lap Swim (5 lanes)	7p-7:45p Aqua Fit (3 lanes)	7p-7:45p Lap Swim (5 lanes)		
8p		745p-8:30p Lap Swim (all lanes)	745p-8:30p Lap Swim (all lanes)	745p-8:30p Lap Swim (all lanes)	745p-8:30p Lap Swim (all lanes)		
8:30							
9p						CLOSED	CLOSED

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



OR

[CLICK HERE](#)

**VIEW POOL RULES:**



[OR CLICK HERE](#)