



COMPETITION POOL SCHEDULE

Schedule Begins

Thursday, August 6th 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.

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.

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



OR

[CLICK HERE](#)

Monday

5a	5a-10a Lap Swim (all lanes)	
530		
6a		
630		
7a		
730	10a-1045a Aqua Fit (5 lanes)	
8a		
830		
9a		
930		
10a	10a-12p Lap Swim (3 lanes)	
1030		
11a		
1130		
12p		
1230	12p-1p Adult Lessons (2 lanes)	
1p		
130		
2p		
230		
3p	1p-4p Lap Swim (all lanes)	
330		
4p		
430		
5p		
530	4p-730p Swim Team (5) Swim School (2) Lap Swim (1)	
6p		
630		
7p		
730		
8p	730p-830p Lap Swim (all lanes)	
830		
9p		

Tuesday

5a-9a Lap Swim (all lanes)	
930a-1015a Aqua Fit (5 lanes)	9a-945a Lap Swim (3 lanes)
1030a-1115a Aqua Fit (5 lanes)	10a-1045a Lap Swim (3 lanes)
11a-4p Lap Swim (all lanes)	
4p-6p Swim School (7) Lap Swim (1)	5p-7p Swim School (4)
	6p-7p Swim Team (4)
7p-745p Aqua Fit (3 lanes)	7p-745p Lap Swim (5 lanes)
745p-830p Lap Swim (all lanes)	

Wednesday

5a-10a Lap Swim (all lanes)	
10a-1045a Aqua Fit (5 lanes)	10a-1045a Lap Swim (3 lanes)
1045a-4p Lap Swim (all lanes)	
4p-6p Swim Team (5) Swim School (2) Lap Swim (1)	6p-7p Swim School (4)
	6p-7p Swim Team (4)
7p-745p Aqua Fit (3 lanes)	7p-745p Lap Swim (5 lanes)
745p-830p Lap Swim (all lanes)	

Thursday

5a-9a Lap Swim (all lanes)	
9a-945a Aqua Fit (5 lanes)	9a-945a Lap Swim (3 lanes)
10a-1045a Aqua Fit (5 lanes)	10a-1045a Lap Swim (3 lanes)
11a-4p Lap Swim (all lanes)	
4p-6p Swim School (7) Lap Swim (1)	6p-7p Swim School (4)
	6p-7p Swim Team (4)
7p-745p Aqua Fit (3 lanes)	7p-745p Lap Swim (5 lanes)
745p-830p Lap Swim (all lanes)	

Friday

5a-10a Lap Swim (all lanes)	
10a-1045a Aqua Fit (5 lanes)	10a-1045a Lap Swim (3 lanes)
1045a-4p Lap Swim (all lanes)	
4p-730p Swim Team (5) Swim School (2) Lap Swim (1)	6p-7p Swim School (4)
	6p-7p Swim Team (4)
7p-830p Lap Swim (all lanes)	

Saturday

CLOSED	
6a-8a Lap Swim (all lanes)	
830a-1130a Swim School (2) lanes	8a-11a Lap Swim (6 lanes)
1130a-1215p Aqua Fit (5 lanes)	1130a-1p Lap Swim (3 lanes)
1230p-115p Aqua Fit (5 lanes)	
1p-730p Lap Swim (all lanes)	
CLOSED	

Sunday

CLOSED	
6a-9a Lap Swim (all lanes)	
930a-1230p Swim School (2 lanes)	9a-12p Lap Swim (6 lanes)
1215p-1p Aqua Fit (5 lanes)	12p-115p Lap Swim (3 lanes)
115p-730p Lap Swim (all lanes)	
CLOSED	

**VIEW
POOL
RULES:**



[OR CLICK HERE](#)