



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-845a Adult Swim	CLOSED	CLOSED
530							
6a							
630						6a-8a Adult Swim	6a-915a Adult Swim
7a							
730		715a-8a Aqua Fit		715a-8a Aqua Fit			
8a	745a-845a Aqua Fit		745a-845a Aqua Fit				
830		8a-9a Swim School		8a-9a Swim School		815a-1130a Swim School	
9a	9a-945a Aqua Fit		9a-945a Aqua Fit		9a-945a Aqua Fit		
930		9a-11a Summer Camp		9a-11a Summer Camp			915a-1230p Swim School
10a	945a-1230p Adult Swim		945a-1230p Adult Swim		945a-1230p Open Swim		
1030							
11a		1130a-1215p Aqua Fit		1130a-1215p Aqua Fit		1130a-1230p Adaptive-Inclusive Swim School	
1130							
12p							
1230	1230p-130p Specialty Camp	1230p-130p Specialty Camp	1230p-130p Specialty Camp	1230p-130p Specialty Camp	1230p-130p Specialty Camp	1230p-730p Open Swim	1230p-145p Sensory Swim
1p							
130	130p-6p Open Swim	130p-4p Open Swim	130p-4p Open Swim	130p-4p Open Swim	130p-4p Open Swim		145p-730p Open Swim
130							
2p							
230							
3p							
330							
4p		4p-7p Swim School	4p-7p Swim School	4p-7p Swim School	4p-6p Swim School		
430							
5p							
530							
6p	6p-630p Aqua Fit						
630					6p-830p Open Swim		
7p	630p-830p Open Swim	7p-830p Open Swim	7p-830p Open Swim	7p-830p Open Swim			
730							
8p						CLOSED	CLOSED
830							
9p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

**VIEW
POOL
RULES:**



OR CLICK HERE