



REC/THERAPY POOL SCHEDULE

Schedule Begins Tuesday, September 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.

Little Jewels: Sept. 2nd - Oct. 23rd on

Tues./Thurs. Outside of these dates, these time frames are Open Swim.

Unit 5 on Tuesdays: This timeframe is Open Swim EXCEPT on the following Tuesdays: 1/13, 1/27, 2/3, 3/10, 3/17, 4/7

School Break Days:

This pool will be unavailable from 12:30 p.m. to 1:30 p.m. on the following days: 1/19, 2/13, 2/16-2/17, 2/27, 3/23-3/27, 4/3, 4/17, 4/20 & 4/27.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5a	5a-8a Adult Swim	5a-8a Adult Swim	5a-8a Adult Swim	5a-8a Adult Swim	5a-9a Adult Swim	CLOSED	CLOSED
530							
6a							
630						6a-8a Adult Swim	6a-915a Adult Swim
7a							
730							
8a	745a-845a Aqua Fit	8a-845a Aqua Fit	745a-845a Aqua Fit	8a-845a Aqua Fit			
830							
9a	9a-945a Aqua Fit	9a-1030a Little Jewels	9a-945a Aqua Fit	9a-1030a Little Jewels	9a-945a Aqua Fit	815a-1130a Swim School	
930		9a-1030a Open Swim		9a-1030a Open Swim			
10a	945a-1230p Adult Swim		945a-1230p Adult Swim		945a-1230p Adult Swim		915a-1230p Swim School
1030		11a-1145a Aqua Fit		11a-1145a Aqua Fit			
11a							
1130		1145a-1230p Adult Swim		1145a-1230p Adult Swim		1130a-1230p Adaptive-Inclusive Swim School	
12p							
1230	1230p-130p Unit 5	1230p-130p Unit 5	1230p-130p Unit 5	1230p-130p Unit 5	1230p-4p Open Swim	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			
2p							
230							145p-730p Open Swim
3p							
330							
4p		4p-7p Swim School	4p-7p Swim School	4p-7p Swim School	4p-615p Swim School		
430							
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	615p-830p Open Swim		
730							
8p						CLOSED	CLOSED
830							
9p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

VIEW POOL RULES:



OR [CLICK HERE](#)