



COMPETITION 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.

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	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
530							
6a						6a-8a Lap Swim (all lanes)	6a-9a Lap Swim (all lanes)
630							
7a							
730							
8a							
830						830a-1130a Swim School (2) lanes	
9a		9a-945a Aqua Fit (5 lanes)		9a-945a Aqua Fit (5 lanes)		8a-11a Lap Swim (6 lanes)	
930		9a-945a Lap Swim (3 lanes)		9a-945a Lap Swim (3 lanes)			9a-12p Lap Swim (6 lanes)
10a	10a-1045a Aqua Fit (5 lanes)	10a-1045a Aqua Fit (5 lanes)	10a-1045a Aqua Fit (5 lanes)	10a-1045a Aqua Fit (5 lanes)	10a-1045a Aqua Fit (5 lanes)		930a-1230p Swim School (2 lanes)
1030	10a-12p Lap Swim (3 lanes)	10a-1045a Lap Swim (3 lanes)	10a-1045a Lap Swim (3 lanes)	10a-1045a Lap Swim (3 lanes)	10a-1045a Lap Swim (3 lanes)		
11a	11a-1145a Aqua Fit (5 lanes)	11a-1145a Aqua Fit (5 lanes)				1130a-1215p Aqua Fit (5 lanes)	
1130		11a-1145a Lap Swim (3 lanes)	1045a-4p Lap Swim (all lanes)	11a-4p Lap Swim (all lanes)	1045a-4p Lap Swim (all lanes)	1130a-1p Lap Swim (3 lanes)	
12p	12p-1p Adult Lessons (2 lanes)	1145a-4p Lap Swim (all lanes)				1230p-115p Aqua Fit (5 lanes)	12p-115p Lap Swim (3 lanes)
1230	12p-1p Lap Swim (6 lanes)						
1p							
130	1p-4p Lap Swim (all lanes)					1p-730p Lap Swim (all lanes)	115p-730p Lap Swim (all lanes)
2p							
230							
3p							
330							
4p	4p-730p	4p-7p	4p-6p	4p-7p	4p-730p		
430	Swim Team (5)	Swim Team (5)	Swim Team (5)	Swim Team (5)	Swim Team (5)		
5p	Swim School (2)	Swim School (2)	Swim School (2)	Swim School (2)	Swim School (2)		
530	Lap Swim (1)	Lap Swim (1)	Lap Swim (1)	Lap Swim (1)	Lap Swim (1)		
6p			6p-7p Swim School (4)				
630			6p-7p Swim Team (4)				
7p		7p-745p Aqua Fit (3 lanes)	7p-745p Aqua Fit (3 lanes)	7p-745p Aqua Fit (3 lanes)			
730	730p-830p Lap Swim (all lanes)	7p-745p Lap Swim (5 lanes)	7p-745p Lap Swim (5 lanes)	7p-745p Lap Swim (5 lanes)	7p-830p Lap Swim (all lanes)		
8p		745p-830p Lap Swim (all lanes)	745p-830p Lap Swim (all lanes)	745p-830p Lap Swim (all lanes)		CLOSED	CLOSED
830							
9p							

**VIEW
POOL
RULES:**



[OR CLICK HERE](#)