



# COMPETITION POOL SCHEDULE

Schedule Begins Tuesday, February 10th 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](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.

**Adult Swim Lessons (11/22 - 1/10)**  
2 lap lanes will be utilized for Adult Swim Lessons from 4:30p - 5:30p on the following dates: 11/22, 11/29, 12/13, 12/26, 12/27, 1/3 & 1/10. Please plan your visit to the Y accordingly.

**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

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

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



OR

[CLICK HERE](#)

**VIEW POOL RULES:**



[OR CLICK HERE](#)