



COMPETITION POOL SCHEDULE

Schedule Begins Monday, October 7th 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.

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.

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 below 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-4p Lap Swim (all lanes)	CLOSED	CLOSED
530							
6a							
630						6a-8a Lap Swim (all lanes)	6a-9a Lap Swim (all lanes)
7a							
730							
8a							
830						8a-11a Swim School (2 lanes)	8a-11a Lap Swim (6 lanes)
9a							
930		9a-945a Aqua Fit (5 lanes)		9a-945a Aqua Fit (5 lanes)	9a-1045a Lap Swim (3 lanes)		9a-12p Swim School (2 lanes)
10a		9a-1045a Lap Swim (3 lanes)		9a-1045a Lap Swim (3 lanes)			9a-12p Lap Swim (6 lanes)
1030	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 Lap Swim (3 lanes)		
11a	10a-1145a Lap Swim (3 lanes)						
1130	11a-1145a Aqua Fit (5 lanes)					11a-1145a Aqua Fit (5 lanes)	11a-1p Lap Swim (3 lanes)
12a	1145a-430p Lap Swim (all lanes)	1045a-4p Lap Swim (all lanes)	1045a-4p Lap Swim (all lanes)	1045a-4p Lap Swim (all lanes)			
1230						12p-1245p Aqua Fit (5 lanes)	1215p-1p Aqua Fit (5 lanes)
1p							1215p-1p Lap Swim (3 lanes)
130						1p-730p Lap Swim (all lanes)	1p-730p Lap Swim (all lanes)
2p							
230							
3p							
330							
4p							
430		4p-6p Swim Team (5 lanes)	4p-6p Swim Team (5 lanes)	4p-6p Swim Team (5 lanes)	4p-6p Swim Team (5 lanes)		
5p	430p-6p Lap Swim (3 lanes)	4p-630p Swim School (2 lanes)	4p-630p Swim School (2 lanes)	4p-630p Swim School (2 lanes)	4p-630p Lap Swim (1 lane)	4p-6p Lap Swim (3 lanes)	
530		4p-630p Lap Swim (1 lane)	4p-630p Lap Swim (1 lane)	4p-630p Lap Swim (1 lane)			
6p							
630	6p-830p Lap Swim (all lanes)	630p-715p Aqua Fit (5 lanes)	630p-715p Lap Swim (3 lanes)	630p-715p Aqua Fit (5 lanes)	630p-715p Lap Swim (3 lanes)		
7p		630p-715p Lap Swim (3 lanes)	630p-7p Lap Swim (all lanes)	630p-715p Aqua Fit (5 lanes)	630p-715p Lap Swim (3 lanes)		
730			7p-745p Aqua Fit (5 lanes)	7p-745p Lap Swim (3 lanes)			
8p		715p-830p Lap Swim (all lanes)	745p-830p Lap Swim (all lanes)	715p-830p Lap Swim (all lanes)	6p-830p Lap Swim (all lanes)		
830						CLOSED	CLOSED
9p							

VIEW POOL RULES:



OR [CLICK HERE](#)