



REC/THERAPY 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.

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.

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. 30, 2024 - Nov. 18, 2024
Outside of these dates, these time frames are Open Swim.

Sheridan Sharks: Oct. 21, 2024 - Nov. 25, 2024
Outside of these dates, these time frames are Open Swim.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5a	5a-8a Adult Swim	5a-8a Adult Swim	5a-9a Adult Swim	5a-8a Adult Swim	5a-9a Adult Swim	CLOSED	CLOSED
530							
6a							
630						6a-830a Adult Swim	6a-930a Adult Swim
7a							
730							
8a							
830	8a-9a Open Swim	8a-845a Aqua Fit		8a-845a Aqua Fit			
9a						830a-11a Swim School	
930	9a-945a Aqua Fit	9a-1030a Little Jewels	9a-945a Aqua Fit	9a-1030a Little Jewels	9a-945a Aqua Fit		
10a	945a-11:30a Open Swim	1030a-11a Open Swim	945a-11:30a Open Swim	1030a-11a Open Swim	9:45a-11a Open Swim		930a-12p Swim School
1030							
11a							
1130	1130a-1230p Adult Swim	11a-1145a Aqua Fit	1130a-1230p Adult Swim	11a-1145a Aqua Fit	11a-1230p Adult Swim	11a-730p Open Swim	
12a							
1230	1230p-130p Unit 5 Adaptive Swim	1230p-130p Unit 5 Adaptive Swim	1230p-130p Unit 5 Adaptive Swim	1230p-130p Unit 5 Adaptive Swim	1230p-830p Open Swim		12p-245p Open Swim
1p							
130	130p-415p Open Swim	130p-4p Open Swim	130p-4p Open Swim	130p-4p Open Swim			245p-4p Sensory Swim
2p							
230							
3p							
330							
4p							
430	415p-445p Sheridan Sharks	4p-630p Swim School	4p-630p Swim School	4p-630p Swim School			4p-730p Open Swim
5p							
530	445p-6p Open Swim						
6p							
630	6p-645p Aqua Fit						
7p		630p-830p Open Swim	630p-830p Open Swim	630p-830p Open Swim			
730	7p-830p Open Swim						
8p							
830						CLOSED	CLOSED
9p							

**VIEW
POOL
RULES:**



OR CLICK HERE