



# Lap/Open Swim Schedule

[www.bnymca.org](http://www.bnymca.org)

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Lap Swim						Summer 2019 Effective 5/25/2019 - 8/3/2019	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a - 5:55a	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	
6:00a - 7:55a							
8:00a - 8:55a	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	Waves Practice	
9:00a - 9:55a							
10:00a - 10:55a		Day Camp					
11:00a - 11:15a							
11:20a - 11:55a	4 Lanes	4 Lanes	6 Lanes	6 Lanes	3 Lanes	6 Lanes	
12:00p - 12:25p							
12:30p - 12:55p	4 Lanes	2 Lanes	4 Lanes	2 Lanes	3 Lanes	2 Lanes	
1:00p - 1:25p							
1:30p - 1:55p		4 Lanes	4 Lanes	4 Lanes			
2:00p - 3:55p		4 Lanes		4 Lanes	3 Lanes		
4:00p - 5:25p	<b>Programing (Swim lessons &amp; Swim Team)</b>						
5:30p - 7:00p							
7:05p - 7:45p	1 Lane	Program	1 Lane	Program	1 Lane		
7:50p - 8:30p	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane		
<b>Pool Rules</b>	<u>Swimming in the deep end:</u> (5ft-10ft) Is the limit for those who can pass the required swim test (Swim one length of the pool and then tread water for 60sec)		<u>Children age 3 and under:</u> Are required to wear a waterproof diaper when in the pool.		<u>Lap Lane</u> Use of lap lane is for swimming in horizontal body position from one end to the other or water exercise		<u>Pool Rules</u>

Open Swim							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00a - 11:15a	2 Lanes	2 Lanes	Lap Swim ONLY		3 Lanes	Programs	
11:20a - 12:25p							
12:35p - 1:00p		Programs	2 Lanes	Programs			
1:05p - 1:30p		2 Lanes		2 Lanes			
1:35p - 3:55p	2 Lanes				2 Lanes	3 Lanes	
4:00p - 5:30p	Programs						

Pool Closure: 7/27/2019 - 8/4/2019 Pool Reopens: 8/5/2019		
Pool Hours		
Mon - Fri 5:00a - 8:30p	Saturday 6:00a - 5:30p	Sunday 10:00a - 5:30p

<u>Summer Camp Swim Schedule</u>	
Starting June 11th every Tuesday from 9:00am - 11:15am and	
The week of July 23rd - 25th from 1:00pm - 3pm everyday	