



Pool Schedule

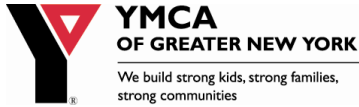
Sept. 8th – Nov. 1st 2009
718-739-6600



Schedule subject to change without notice

MON	TUES	WED	THURS	FRI	SAT	SUN
6:30 – 10:00am Adult Laps	6:30 – 11:00am Adult Laps	6:30 – 10:00am Adult Laps	6:30 – 10:00am Adult Laps	6:30 – 10:00am Adult Laps	6:15 – 9:00am Adult Laps	
		10:05 – 10:50 2 nd Grade Swim			8:00 – 9:00am Beg. Polliwog Flying Fish	
	11:00 -12:00pm Arthritis Exercise		11:00 -12:00pm Silver Splash Exercise Class		9:00 – 10:00am Minnow Shark 9:30-10:00am Eel	10:00-11:00am Beg. Polliwog Guppy Fish
11:00 – 3:00pm Adult Laps	12:00 - 3:00pm Adult Laps	11:00 -3:00pm Adult Laps	12:00 -3:00pm Adult Laps	11:00 –1:30pm Adult Laps	10:00 – 11:00am Adv. Polliwog Guppy Porpoise	11:00 - 12:00pm Adv. Polliwog Guppy
				1:30 – 2:15pm St. Christopher	11:00 – 12:00pm Adv. Polliwog Guppy Fish	12:00-12:30pm Eel
					12:00 – 12:30pm Parent & Child	12:35-1:05pm Pike
					12:35 – 1:05pm Pike	
4:00 – 5:00pm Family Swim	4:00 – 5:00pm Family Swim	4:00 – 5:00pm Family Swim	4:00 – 5:00pm Family Swim	4:00 –5:00pm Private group	1:10 – 1:40pm Pike, Eel	1:10 - 2:55pm Adult Laps
5:00 – 6:00pm Beg. Polliwog, York Polliwog, Minnow	5:00 – 6:30pm Dolphin Swim Club	5:00 – 6:00pm Beg. Polliwog, Flying Fish	5:00 – 6:30pm Dolphin Swim Club	5:00 – 6:00pm Beg. Polliwog Guppy	1:00 – 2:00pm Beg. Polliwog 2:00-2:30pm York Pike	3:00 - 4:20pm Family Swim
6:00 – 7:00pm Fish		6:00 – 7:00pm Adv. Polliwog, Minnow		6:00 – 7:00pm Beg. Polliwog Adv. Polliwog Porpoise	1:45-2:45pm Beg. Polliwog	
7:00 – 8:00pm Aqua Exercise	6:30 - 7:30pm Adult Laps	7:00 – 8:00pm Family Swim	6:30 - 7:30pm Adult Laps	7:00 -8:00pm Aqua Exercise	3:00 – 5:00pm Teen Beg. Adult Laps	
8:00 –9:45pm Scuba Diving Class (646) 321-3361	7:30 – 8:30pm Adult Beg, Adult Adv	8:00 9:45pm Scuba Diving Class (646) 321-3361	7:30 – 8:30pm Adv. Polliwog, Intermediate	8:00 - 9:00pm Family Swim.	4:00 – 5:00pm Adult Adv. Adult Laps	
	8:30 - 9:30pm Adult Beg, Adult Adv. Beg.		8:30 - 9:30pm Adult Beg Adult Adv.	9:00 – 9:30pm Adult Rec.	5:00 - 6:20pm Family Swim	

Note: Pool Rules & Guidelines Are On The Back Of This Schedule.



Pool Rules

1. **No** food or drink of any kind is allowed in the pool area (Including sitting area)
2. Everyone must shower before entering the pool.
3. **No** running in the pool area, walk at all times.
4. **No** jumping in the shallow end of the pool.
5. Absolutely no diving unless directed to by a Lifeguard or Instructor.
6. **No** horse play (play fighting, grabbing)
7. **No** bodily discharge (Urinating, blowing nose, fecal matter)

Swim Attire

1. Bathing caps must be worn while in the pool.
2. Proper swimsuits are required in the pool. (Except religious reasons and body scars)
3. **No** Basketball shorts or cut-off shorts

General Pool Information

Adult laps: For anyone fifteen and older, no recreational swim during this time. It is for swimmers who can do continuous swimming.

Family Swim: Is a recreational swim for the family. This event is for everyone. All children under 8 years of age must be accompanied in the pool by a parent/guardian who is dressed in swim attire. Parents are required to stay by the pool for children under 12.

Swim classes: Are **only** for participants who are registered for swim lessons.

Frequently Asked Questions:

- The temperature is maintained between 84 and 88 degrees.
- Depending on your methods of measurement our pool is 60ft in length or 20yds in length.
- 80 laps in our pool is equivalent to one mile.