Holiday Pool Schedule | Dec 23 - Jan 1, 2025

ADULT LAP SWIM

MONDAY 12.23	TUESDAY 12.24	WEDNESDAY	THURSDAY 12.26
6 - 8AM	6 - 8 AM	12.25 & 1.1.25	6 - 8 AM
4 LANES	4 LANES	8 AM-3 PM 4 LANES	4 LANES
8 - 8:55 AM	8 - 9 AM		8 - 9 AM
2 LANES; AQUACISE	3 LANES; STATIONARY		3 LANES; STATIONARY
9 - 11:45 AM	9 - 10 AM		9 AM - 11:45 AM
4 LANES	4 LANES		4 LANES
11:45 AM-12:45 PM	10 - 11 AM		11:45-12:45 PM
2 LANES; AQUACISE	4 LANES		2 LANES; AQUACISE
12:45-1:30 PM	11 - 11:45 AM		12:45-1 PM
4 LANES	4 LANES		4 LANES
6-10 PM	11:45 AM-12:45 PM		4 - 7:30 PM
4 LANES	2 LANES; AQUA PUMP		4 LANES
	12:45- 3 PM		7:30 - 10 PM 4 LANES
	4 LANES		4 LANES
MONDAY 12.30	TUESDAY 12.31		
6 - 8AM	6 - 8 AM	STATIONARY HOURS TUE & THU 8- 9 AM	
4 LANES	4 LANES		
8 - 8:55 AM	8 - 9 AM		
2 LANES; AQUACISE	3 LANES; STATIONARY		
9 - 11:45 AM	9 - 10 AM		
4 LANES	4 LANES		
11:45 AM-12:45 PM	10 - 11 AM		
2 LANES; AQUACISE	4 LANES		
12:45-1 PM	11 - 11:45 AM		
4 LANES	4 LANES		
5- 10 PM	11:45 AM-12:45 PM		
4 LANES	2 LANES; AQUA PUMP		
	12:45-3 PM		
	4 LANES		





FRIDAY 12.27
6 - 7:45 AM
4 LANES
7:45 - 8:30 AM
2 LANES; AQUA PUMP
8:30 AM - 11:45 AM
4 LANES
11:45 AM-12:45 PM
2 LANES; AQUACISE
12:45 - 1 PM
4 LANES
5 - 8 PM
4 LANES

SATURDAY 12.28
8 - 8:55 AM
4 LANES
1- 4:30 PM
4 LANES
4:30 - 5:30 PM
2 LANES; Family Swim
5:30 - 8 PM
4 LANES

SUNDAY 12.29
8 - 8:55 AM 4 LANES
1 - 5 PM 4 LANES
5-6 PM 2 LANES; AQUACISE
6 - 8 PM

4 LANES

ADULT LAP SWIM

MON 12.23			
1:30-6 PM			
MON 12.30			
1-5 PM			
THU			
1-4 PM			
FRI			
1-5 PM			
SAT & SUN			
9 AM- 1 PM			

HOURS OF OPERATIONS

MON & THU

6 AM - 10 PM

TUE

6 AM - 3 PM

WED

8 AM - 3 PM

FRI

6 AM - 8 PM

SAT & SUN

8 AM - 8 PM

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ADULT AQUACISE CLASSES

Online reservations are required via Myiclubonline.com or 92NY app. To avoid the \$15 no-show fee, you may cancel the reservation up to an hour before the scheduled session via the app or Online reservation system.

MON WE 8-8:55 AM 7:45-8:		N-TUE-WED-FRITHU45 AM-12:45 PM12 PM-12:4
Aqua Pump (MON & FRI)	Aquacise (MON-FRI & SUN)	Interval Aqua (WED)
Get a total body, weight resistance workout using aqua lightweight foam bells and the resistance of the water to help strengthen muscles and bones.	All levels. Swimmers and nor swimmers benefit from this new weight-bearing exercise class that improves flexibility, coordination, strength and endurance.	- class combining

POOL ETIQUETTE

All participants must shower before entering the pool and/or Endless 1. Pool(s).

Swim caps are required. 2.

3. All patrons must follow the Standards of Acceptable Behavior at all times while on the pool deck, in the Endless pools or in the pool.

4. All patrons must follow the directive of the lifeguard on duty to ensure a safe environment for all swimmers.

5. The lifeguard in his/her sole discretion will determine the appropriate lane for all swimmers.

When the whistle is blown, stop swimming, look for the lifeguard and 6. listen for instructions.

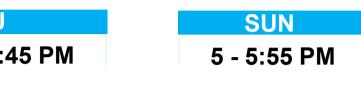
Any contact (including tapping the feet) between swimmers will not be 7. tolerated. Please pass at the wall.

During Lap Swim, all swimmers must circle swim. 8.

Foul and abusive language is not permitted. 9.







Download the App



