

ADULT LAP SWIM

MONDAY 12.23
6 - 8AM 4 LANES
8 - 8:55 AM 2 LANES; AQUACISE
9 - 11:45 AM 4 LANES
11:45 AM-12:45 PM 2 LANES; AQUACISE
12:45-1:30 PM 4 LANES
6- 10 PM 4 LANES

TUESDAY 12.24
6 - 8 AM 4 LANES
8 - 9 AM 3 LANES; STATIONARY
9 - 10 AM 4 LANES
10 - 11 AM 4 LANES
11 - 11:45 AM 4 LANES
11:45 AM-12:45 PM 2 LANES; AQUA PUMP
12:45- 3 PM 4 LANES

WEDNESDAY 12.25 & 1.1.25
8 AM-3 PM 4 LANES

THURSDAY 12.26
6 - 8 AM 4 LANES
8 - 9 AM 3 LANES; STATIONARY
9 AM - 11:45 AM 4 LANES
11:45-12:45 PM 2 LANES; AQUACISE
12:45-1 PM 4 LANES
4 - 7:30 PM 4 LANES
7:30 - 10 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

MONDAY 12.30
6 - 8AM 4 LANES
8 - 8:55 AM 2 LANES; AQUACISE
9 - 11:45 AM 4 LANES
11:45 AM-12:45 PM 2 LANES; AQUACISE
12:45-1 PM 4 LANES
5- 10 PM 4 LANES

TUESDAY 12.31
6 - 8 AM 4 LANES
8 - 9 AM 3 LANES; STATIONARY
9 - 10 AM 4 LANES
10 - 11 AM 4 LANES
11 - 11:45 AM 4 LANES
11:45 AM-12:45 PM 2 LANES; AQUA PUMP
12:45-3 PM 4 LANES

STATIONARY HOURS

TUE & THU
8- 9 AM

NO 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

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 8-8:55 AM	WED 7:45-8:45 AM	FRI 7:45-8:30 AM	MON-TUE-WED-FRI 11:45 AM-12:45 PM	THU 12 PM-12:45 PM	SUN 5 - 5:55 PM
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Aqua Pump (MON & FRI) Get a total body, weight resistance workout using aqua lightweight foam bells and the resistance of the water to help strengthen muscles and bones.	Aquacise (MON-FRI & SUN) All levels. Swimmers and non-swimmers benefit from this no-weight-bearing exercise class that improves flexibility, coordination, strength and endurance.	Interval Aqua (WED) Vigorous Aqua class combining card and resistance exercises.
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Download the App



POOL ETIQUETTE

1. All participants must shower before entering the pool and/or Endless Pool(s).
2. Swim caps are required.
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.
6. When the whistle is blown, stop swimming, look for the lifeguard and listen for instructions.
7. Any contact (including tapping the feet) between swimmers will not be tolerated. Please pass at the wall.
8. During Lap Swim, all swimmers must circle swim.
9. Foul and abusive language is not permitted.