

# AQUATICS SCHEDULE

# JULY 5 – AUGUST 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY BIRD</b> 6:30 – 9:00 AM	<b>EARLY BIRD</b> 6:30 – 9:00 AM	<b>EARLY BIRD</b> 6:30 – 9:00 AM	<b>EARLY BIRD</b> 6:30 – 9:00 AM	<b>EARLY BIRD</b> 6:30 – 9:00 AM	<b>EARLY BIRD</b> 8:00 – 10:00 AM	<b>EARLY BIRD</b> 8:00 – 10:00 AM
<b>CAMP</b> 9:00 – 10:30 AM	<b>CAMP</b> 9:00 – 10:00 AM	<b>CAMP</b> 9:00 – 10:30 AM	<b>CAMP</b> 9:00 – 10:00 AM	<b>CAMP</b> 9:00 – 10:30 AM	<b>BABY BELUGAS</b> 10:00 – 10:30 AM	<b>BABY BELUGAS</b> 10:00 – 10:30 AM
<b>OPEN ADULT SWIM</b> (2 Lanes) 10:30 – 11:00 AM	<b>BABY BELUGAS</b> 10:00 – 10:30 AM	<b>OPEN ADULT SWIM</b> (2 Lanes) 10:30 – 11:00 AM	<b>BABY BELUGAS</b> 10:00 – 10:30 AM	<b>OPEN ADULT SWIM</b> (2 Lanes) 10:30 – 11:00 AM	<b>LITTLE DIPPERS</b> 10:30 – 11:00 AM	<b>LITTLE DIPPERS</b> 10:30 – 11:00 AM
<b>AQUA AEROBICS</b> 11:00 AM – 12:00 PM	<b>LITTLE DIPPERS</b> 10:30 – 11:00 AM	<b>AQUA AEROBICS</b> 11:00 AM – 12:00 PM	<b>LITTLE DIPPERS</b> 10:30 – 11:00 AM	<b>AQUA AEROBICS</b> 11:00 AM – 12:00 PM	<b>BIG FISH</b> 11:00 – 11:30 AM	<b>BIG FISH</b> 11:00 – 11:30 AM
<b>LUNCH TIME LAP SWIM</b> 12:00 – 2:00 PM	<b>WOMEN ONLY</b> 11:00 AM – 12:00 PM	<b>LUNCH TIME LAP SWIM</b> 12:00 – 2:00 PM	<b>WOMEN ONLY</b> 11:00 AM – 12:00 PM	<b>LUNCH TIME LAP SWIM</b> 12:00 – 2:00 PM	<b>ADULT SWIM</b> 11:30 AM – 12:30 PM	<b>ADULT SWIM</b> 11:30 AM – 12:30 PM
<b>CAMP</b> 2:00 – 3:00 PM	<b>LUNCH TIME LAP SWIM</b> 12:00 – 2:00 PM	<b>CAMP</b> 2:00 – 3:00 PM	<b>LUNCH TIME LAP SWIM</b> 12:00 – 2:00 PM	<b>BIG FISH</b> 2:00 – 2:30 PM	<b>SWIM LESSONS</b> 12:30 – 2:30 PM	<b>TADPOLES</b> 12:30 – 1:00 PM
<b>TADPOLES</b> 3:00 – 3:30 PM	<b>CAMP</b> 2:00 – 3:00 PM	<b>TADPOLES</b> 3:00 – 3:30 PM	<b>CAMP</b> 2:00 – 3:00 PM	<b>CAMP</b> 2:30 – 3:00 PM	<b>FAMILY SWIM</b> 2:30 – 4:00 PM	<b>SEA HORSES</b> 1:00 – 1:30 PM
<b>TADPOLES</b> 3:30 – 4:00 PM	<b>TADPOLES</b> 3:00 – 3:30 PM	<b>TADPOLES</b> 3:30 – 4:00 PM	<b>TADPOLES</b> 3:00 – 3:30 PM	<b>FAMILY SWIM</b> 3:00 – 6:00 PM	<b>ADULT SWIM</b> 4:00 – 5:30 PM	<b>OTTERS</b> 1:30 – 2:00 PM
<b>OTTERS</b> 4:00 – 4:30 PM	<b>TADPOLES</b> 3:30 – 4:00 PM	<b>OTTERS</b> 4:00 – 4:30 PM	<b>SEA HORSES</b> 3:30 – 4:00 PM	<b>ADULT SWIM</b> 6:00 – 8:00 PM		<b>ADULT BEGINNER SWIM</b> 2:00 – 3:00 PM
<b>DOLPHINS</b> 4:30 – 5:00 PM	<b>OTTERS</b> 4:00 – 4:30 PM	<b>SHARKS</b> 4:30 – 5:00 PM	<b>DOLPHINS</b> 4:00 – 4:30 PM			<b>DADDY &amp; ME</b> 3:00 – 3:30 PM
<b>FAMILY SWIM</b> 5:00 – 6:00 PM	<b>AQUA JETS SWIM TEAM</b> 4:30 – 5:30 PM	<b>FAMILY SWIM</b> 5:00 – 6:00 PM	<b>AQUA JETS SWIM TEAM</b> 4:30 – 5:30 PM			<b>FAMILY SWIM</b> 3:30 – 4:30 PM
<b>AQUA AEROBICS</b> 6:00 – 7:00 PM	<b>FAMILY SWIM</b> 5:30 – 6:30 PM	<b>AQUA AEROBICS</b> 6:00 – 7:00 PM	<b>FAMILY SWIM</b> 5:30 – 6:00 PM			<b>ADULT SWIM</b> 4:30 – 5:30 PM
<b>ADULT SWIM</b> 7:00 – 8:30 PM	<b>ADULT BEGINNER SWIM</b> 6:30 – 7:30 PM	<b>ADULT SWIM</b> 7:00 – 8:30 PM	<b>ADULT BEGINNER SWIM</b> 6:00 – 7:00 PM			
<b>ADULT SWIM</b> 7:30 – 8:30 PM	<b>ADULT SWIM</b> 7:30 – 8:30 PM		<b>ADULT SWIM</b> 7:00 – 8:30 PM			
<b>POOL HOURS:</b> Mondays to Thursdays: 6:30 AM – 8:30 PM Fridays: 6:30 AM – 8:00 PM Saturdays and Sundays: 8:00 AM – 5:30 PM						

**Adult Swim\***

**Family Swim**

**Adult Aquatics Classes**

**Children's Aquatics Classes**

**Private Swim Lessons**

\*All adult lap swim session use four lanes unless otherwise noted

344 East 14th Street at 1st Ave New York, NY 10003 | 212-780-0800 | 14StreetY.org

