

AQUATICS SCHEDULE

SEPTEMBER 18 – DECEMBER 18

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