














































AQUATICS SCHEDULE

JUNE 27 – JULY 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 EARLY BIRD 6:00 – 9:00 AM	 EARLY BIRD 6:00 – 9:00 AM	 EARLY BIRD 6:00 – 9:00 AM	 EARLY BIRD 6:00 – 9:00 AM	 EARLY BIRD 6:00 – 9:00 AM	 EARLY BIRD 7:00 – 11:00 AM	 EARLY BIRD 7:00 – 11:00 AM
CAMP 9:00 – 10:30 AM	CAMP 9:00 – 10:00 AM	CAMP 9:00 – 10:30 AM	CAMP 9:00 – 10:00 AM	CAMP 9:00 – 10:30 AM	 ADULT SWIM 11:00 AM – 12:30 PM	 WOMEN ONLY 11:00 AM – 12:00 PM
OPEN ADULT SWIM (2 Lanes)  10:30 – 12:00 AM	OPEN ADULT SWIM (2 Lanes)  10:00 – 11:00 AM	OPEN ADULT SWIM (2 Lanes)  10:30 AM – 12:00 PM	OPEN ADULT SWIM (2 Lanes)  10:00 – 11:00 AM	OPEN ADULT SWIM (2 Lanes)  10:30 – 12:00 AM	SWIM LESSONS  12:30 – 2:30 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	LUNCH TIME LAP SWIM  12:00 – 2:00 PM	 WOMEN ONLY 11:00 AM – 12:00 PM	LUNCH TIME LAP SWIM  12:00 – 2:00 PM	 FAMILY SWIM 2:30 – 5:30 PM	SWIM LESSONS  2:00 – 4:00 PM
CAMP 2:00 – 3:00 PM	LUNCH TIME LAP SWIM  12:00 – 2:00 PM	CAMP 2:00 – 3:00 PM	LUNCH TIME LAP SWIM  12:00 – 2:00 PM	CAMP 2:30 – 3:00 PM	 ADULT SWIM 5:30 – 7:30 PM	 FAMILY SWIM 4:00 – 6:00 PM
SWIM LESSONS  3:00 – 4:00 PM	CAMP 2:00 – 3:00 PM	SWIM LESSONS  3:00 – 4:00 PM	CAMP 2:00 – 3:00 PM	 FAMILY SWIM 3:00 – 5:00 PM		
 FAMILY SWIM 4:00 – 6:00 PM	 SWIM LESSONS 3:00 – 4:00 PM	 FAMILY SWIM 4:00 – 6:00 PM	 SWIM LESSONS 3:00 – 4:00 PM	 SWIM LESSONS 5:00 – 6:00 PM		
OPEN ADULT SWIM (2 Lanes)  6:00 – 7:00 PM	 FAMILY SWIM 4:00 – 7:00 PM	OPEN ADULT SWIM (2 Lanes)  6:00 – 7:00 PM	 FAMILY SWIM 4:00 – 7:00 PM	ADULT SWIM  6:00 – 8:00 PM		
 FAMILY SWIM 7:00 – 8:00 PM	 ADULT SWIM 7:00 – 9:30 PM	ADULT SWIM  7:00 – 9:30 PM	 ADULT SWIM 7:00 – 9:30 PM			
ADULT SWIM  8:00 – 9:30 PM						
14Y will be closed on Friday, July 4 for Independence Day					POOL HOURS: Mondays to Thursdays: 6:00 AM – 9:30 PM Fridays: 6:00 AM – 8:00 PM Saturdays and Sundays: 7:00 AM – 7:30 PM	

 **Adult Swim***

 **Family Swim**

 **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

