


AQUATICS SCHEDULE

APRIL 12 – JUNE 27

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	BABY BELUGAS 👉 10:00 – 10:30 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	LITTLE DIPPERS 👉 10:30 – 11:00 AM	AQUA AEROBICS 🏊 11:00 AM – 12:00 PM	LITTLE DIPPERS/BIG FISH 👉 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	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	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	LUNCH TIME LAP SWIM 🏊 12:00 – 2:00 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	
SEA HORSES / TADPOLES 3:30 – 4:00 PM	SWIM LESSONS 🏊 2:00 – 2:30 PM	TADPOLES 👉 3:00 – 3:30 PM	SWIM LESSONS 🏊 2:00 – 3:00 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	PRESCHOOL 2:30 – 3:00 PM	SEA HORSES / TADPOLES 3:30 – 4:00 PM	TADPOLES 👉 3:00 – 3:30 PM	AFTER SCHOOL 5:00 – 6:00 PM	OTTERS 👉 1:30 – 2:00 PM	OTTERS 👉 1:30 – 2:00 PM	
DOLPHINS / SHARKS 👉 4:30 – 5:00 PM	TADPOLES 👉 3:00 – 3:30 PM	OTTERS 👉 4:00 – 4:30 PM	SEA HORSES 👉 3:30 – 4:00 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	SEA HORSES / TADPOLES 3:30 – 4:00 PM	DOLPHINS / SHARKS 👉 4:30 – 5:00 PM	DOLPHINS / SHARKS 👉 4:00 – 4:30 PM	<p>No class dates 5/29, 6/19</p>	FAMILY SWIM 🏊 3:00 – 5:00 PM	DADDY & ME 3:00 – 3:30 PM	
AQUA AEROBICS 🏊 6:00 – 7:00 PM	OTTERS 👉 4:00 – 4:30 PM	FAMILY SWIM 🏊 5:00 – 6:00 PM	AQUA JETS SWIM TEAM 👉 4:30 – 5:30 PM		ADULT SWIM 🏊 5:00 – 7:30 PM	FAMILY SWIM 🏊 3:30 – 5:30 PM	
FAMILY SWIM 🏊 7:00 – 8:00 PM	AQUA JETS SWIM TEAM 👉 4:30 – 5:30 PM	AQUA AEROBICS 🏊 6:00 – 7:00 PM	FAMILY SWIM 🏊 5:30 – 6:30 PM		<p>POOL HOURS: Monday – Thursday: 6:00 AM – 9:30 PM Friday: 6:00 AM – 8:00 PM Saturday & Sunday: 7:00 AM – 7:30 PM</p>	ADULT SWIM 🏊 5:30 – 6:30 PM	WOMEN ONLY 🏊 5:30 – 6:30 PM
ADULT SWIM 🏊 8:00 – 9:30 PM	FAMILY SWIM 🏊 5:30 – 6:30 PM	OPEN ADULT SWIM (2 Lanes) 🏊 7:00 – 8:00 PM	ADULT BEGINNER SWIM 🏊 6:30 – 7:30 PM			ADULT SWIM 🏊 6:30 – 7:30 PM	
	ADULT BEGINNER SWIM 🏊 6:30 – 7:30 PM	ADULT SWIM 🏊 8:00 – 9:30 PM	ADULT SWIM 🏊 7:30 – 9:30 PM				
	ADULT SWIM 🏊 7:30 – 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
All Aquatics classes are registration and fee-based.

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

INTERIM AQUATICS SCHEDULE

JUNE 28 – JULY 5

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	BUILDING CLOSED	EARLY BIRD 7:00 – 11:00 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
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
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
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		WOMEN ONLY 5:30 – 6:30 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 Building closes at 6:00 PM		ADULT SWIM 6:30 – 7:30 PM
SWIM LESSONS 3:00 – 4:00 PM	FAMILY SWIM 4:00 – 6:00 PM	SWIM LESSONS 3:00 – 4:00 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 7:00 – 9:30 PM	ADULT SWIM 7:00 – 9:30 PM	ADULT SWIM 7:00 – 9:30 PM			

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

The pool will be closed on Monday, June 29 for cleaning and maintenance.

14Y will close at 6 PM on Friday, July 3 and will be closed on Saturday, July 4 for Independence Day.

Adult Swim*

Family Swim

Private Swim Lessons

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

AQUATICS SCHEDULE

JULY 6 – AUGUST 23

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 – 10:00 AM	EARLY BIRD 7:00 – 10:00 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	BABY BELUGAS 10:00 – 10:30 AM	BABY BELUGAS 10:00 – 10:30 AM
OPEN ADULT SWIM (2 Lanes) 10:30 – 11:00 AM	BABY BELUGAS 10:00 – 10:30 AM	OPEN ADULT SWIM (2 Lanes) 10:30 – 11:00 AM	BABY BELUGAS 10:00 – 10:30 AM	OPEN ADULT SWIM (2 Lanes) 10:30 – 11:00 AM	LITTLE DIPPERS 10:30 – 11:00 AM	LITTLE DIPPERS 10:30 – 11:00 AM
AQUA AEROBICS 11:00 AM – 12:00 PM	LITTLE DIPPERS/BIG FISH 10:30 – 11:00 AM	AQUA AEROBICS 11:00 AM – 12:00 PM	LITTLE DIPPERS / BIG FISH 10:30 – 11:00 AM	AQUA AEROBICS 11:00 AM – 12:00 PM	BIG FISH 11:00 – 11:30 AM	BIG FISH 11:00 – 11:30 AM
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	ADULT SWIM 11:30 AM – 12:30 PM	ADULT SWIM 11:30 AM – 12:30 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	BIG FISH 2:00 – 2:30 PM	TADPOLES 12:30 – 1:00 PM	TADPOLES 12:30 – 1:00 PM
TADPOLES 3:00 – 3:30 PM	CAMP 2:00 – 3:00 PM	TADPOLES 3:00 – 3:30 PM	CAMP 2:00 – 3:00 PM	CAMP 2:30 – 3:00 PM	SEA HORSES 1:00 – 1:30 PM	SEA HORSES 1:00 – 1:30 PM
SEA HORSES / TADPOLES 3:30 – 4:00 PM	TADPOLES 3:00 – 3:30 PM	SEA HORSES / TADPOLES 3:30 – 4:00 PM	TADPOLES 3:00 – 3:30 PM	FAMILY SWIM 3:00 – 6:00 PM	OTTERS 1:30 – 2:00 PM	OTTERS 1:30 – 2:00 PM
OTTERS 4:00 – 4:30 PM	SEA HORSES / TADPOLES 3:30 – 4:00 PM	OTTERS 4:00 – 4:30 PM	SEA HORSES 3:30 – 4:00 PM	ADULT SWIM 6:00 – 8:00 PM	ADULT BEGINNER SWIM 2:00 – 3:00 PM	ADULT BEGINNER SWIM 2:00 – 3:00 PM
DOLPHINS / SHARKS 4:30 – 5:00 PM	OTTERS 4:00 – 4:30 PM	DOLPHINS / SHARKS 4:30 – 5:00 PM	DOLPHINS / SHARKS 4:00 – 4:30 PM		FAMILY SWIM 3:00 – 5:00 PM	DADDY & ME 3:00 – 3:30 PM
FAMILY SWIM 5:00 – 6:00 PM	AQUA JETS SWIM TEAM 4:30 – 5:30 PM	FAMILY SWIM 5:00 – 6:00 PM	AQUA JETS SWIM TEAM 4:30 – 5:30 PM		ADULT SWIM 5:00 – 7:30 PM	FAMILY SWIM 3:30 – 5:30 PM
AQUA AEROBICS 6:00 – 7:00 PM	FAMILY SWIM 5:30 – 6:30 PM	AQUA AEROBICS 6:00 – 7:00 PM	FAMILY SWIM 5:30 – 6:30 PM			WOMEN ONLY 5:30 – 6:30 PM
OPEN ADULT SWIM (2 Lanes) 7:00 – 8:00 PM	ADULT BEGINNER SWIM 6:30 – 7:30 PM	OPEN ADULT SWIM (2 Lanes) 7:00 – 8:00 PM	ADULT BEGINNER SWIM 6:30 – 7:30 PM			ADULT SWIM 6:30 – 7:30 PM
ADULT SWIM 8:00 – 9:30 PM	ADULT SWIM 7:30 – 9:30 PM	ADULT SWIM 8:00 – 9:30 PM	ADULT SWIM 7:30 – 9:30 PM			
				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		

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