

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	OPEN ADULT/ SIROVICH SWIM 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	

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

