

ADULT LAP SWIM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:55 AM 4 LANES	6 - 8AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 8 AM 4 LANES	6 - 7:45 AM 4 LANES	8 - 8:55 AM 4 LANES
12 - 1 PM 2 LANES; CHILDREN	8 - 8:55 AM 2 LANES; AQUACISE	8 - 9 AM 3 LANES; STATIONARY	8 - 8:50 AM 2 LANES;INTERVAL AQUA	8 - 9 AM 3 LANES; STATIONARY	7:45 - 8:30 AM 2 LANES; AQUA PUMP	11:30 - 1 PM 2 LANES;CHILDREN
4- 5 PM 2 LANES; Family Swim	9 - 10 AM 4 LANES	9 - 10 AM 4 LANES	9 - 10 AM 4 LANES	9 - 10 AM 4 LANES	8:30 AM - 10 AM 4 LANES	1- 1:30 PM 4 LANES
5- 7 PM 4 LANES	10 - 10:40 AM 2 LANES;CHILDREN	10 - 11 AM 2 LANES;CHILDREN	10 - 10:30 AM 2 LANES;CHILDREN	10 - 11 AM 2 LANES;CHILDREN	10 - 10:30 AM 2 LANES;CHILDREN	4:30 - 5 PM 2 LANES; CHILDREN
7 - 8 PM 2 LANES; ADULT CLASS	11:45 AM-12:45 PM 2 LANES; AQUACISE	11 - 11:45 AM 4 LANES	10:30 - 11:45 AM 4 LANES	11 AM-12 PM 4 LANES	10:30 - 11:45 AM 4 LANES	5 - 6 PM 2 LANES; AQUACISE
	12:45-1:30 PM 4 LANES	11:45 AM-12:45 PM 2 LANES; AQUA PUMP	11:45 AM-12:45 PM 2 LANES; AQUA PUMP	12-12:45 PM 2 LANES; AQUACISE	11:45 AM-12:45 PM 2 LANES; AQUACISE	6 - 8 PM 4 LANES
	1:30- 2:30 PM 2 LANES;CHILDREN	12:45-1:30 PM 4 LANES	12:45 -1:30 PM 4 LANES	12:45-1:30 PM 4 LANES	12:45 - 1:30 PM 4 LANES	
	6:30- 10 PM 4 LANES	1:30-2:30 PM 2 LANES; CHILDREN	1:30-2:30 PM 2 LANES; CHILDREN	1:30 - 2:30 PM 2 LANES;CHILDREN	1:30-3 PM 2 LANES; CHILDREN	
		7:30 - 10 PM 4 LANES	6:30 - 10 PM 4 LANES	7:30 - 8:30 PM 2 LANES;ADULT CLASS		
				8:30 - 10 PM 4 LANES		

HOURS OF OPERATIONS

MON - THU
6 AM - 10 PM
FRI
6 AM - 8 PM
SAT & SUN
8 AM - 8 PM

STATIONARY HOURS

TUE & THU
8- 9 AM

TEEN SWIM HOURS

\*No Adult Lap  
Swim\*

MON-FRI
2:25-3:45 PM

NO ADULT LAP SWIM

MON
10:40-11:45 AM 2:30-6:30 PM
TUE
2:30- 7:30 PM
WED
2:30 - 6:30 PM
THU
2:30-7:30 PM
FRI
3-8 PM
SAT
9 AM- 12 PM 1:30 - 4:30 PM
SUN
9 AM- 12 PM 1 - 4 PM

## ADULT AQUACISE CLASSES

Online reservations are required via [Myclubonline.com](https://myclubonline.com) or 92NY app. To avoid the \$15 no-show fee, you may cancel the reservation up to an hour before the scheduled session via the app or Online reservation system.

MON	WED	FRI	MON-TUE-WED-FRI	THU	SAT & SUN
8-8:55 AM	8-8:50 AM	7:45-8:30 AM	11:45 AM-12:45 PM	12 PM-12:45 PM	5 - 5:55 PM

### Aqua Pump (TUE & WED)

Get a total body, weight resistance workout using aqua lightweight foam bells and the resistance of the water to help strengthen muscles and bones.

### Aquacise (MON, THU, FRI & SAT)

All levels. Swimmers and non-swimmers benefit from this no-weight-bearing exercise class that improves flexibility, coordination, strength and endurance.

Download the App



## POOL ETIQUETTE

1. All participants must shower before entering the pool and/or Endless Pool(s).
2. Swim caps are required.
3. All patrons must follow the Standards of Acceptable Behavior at all times while on the pool deck, in the Endless pools or in the pool.
4. All patrons must follow the directive of the lifeguard on duty to ensure a safe environment for all swimmers.
5. The lifeguard in his/her sole discretion will determine the appropriate lane for all swimmers.
6. When the whistle is blown, stop swimming, look for the lifeguard and listen for instructions.
7. Any contact (including tapping the feet) between swimmers will not be tolerated. Please pass at the wall.
8. During Lap Swim, all swimmers must circle swim.
9. Foul and abusive language is not permitted.