

Upper East Side | Family & Adult Recreation Swim Schedule: March 4, 2024 - June 16, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Teaching & Exercise Pool	Teaching & Exercise Pool	Teaching & Exercise Pool	Teaching & Exercise Pool	Teaching & Exercise Pool	T/E Pool	Olympic Pool	T/E Pool	Olympic Pool
						2pm-4pm Family Rec.		
7:30pm-9pm Family Rec.		7:30pm-9pm Family Rec.			5:30pm-7pm Family Rec.		6pm-7pm Adult Rec.	
	8pm-9pm Adult Rec.		8pm-9pm Adult Rec.					

Pool Availability Key

Family Recreation
Adult Recreation

Family Rec. Supervision Requirements:

Children that can't stand with their mid-chest, head, and chin out of the water, must always be within arm's length of an actively involved adult caregiver who is in the water with the child; or be wearing a properly fitted United State Coast Guard (USCG) approved personal flotation device (PFD)

During recreation times, children 8 years of age and under must have a designated guardian (over the age of 18) supervising them in the pool area.

Children ages 9-12 may be in the pool area without an on-deck supervising adult, but a supervising adult **MUST** remain in the pool-viewing area and easily accessible in the event of emergencies.

Pool Descriptions:

Teaching & Exercise Pool: Our warm water teaching & exercise pool is kept between 89°F and 92°F and the depth is 3'10"

Olympic Pool: Family Recreation is held in the shallow end with a temperature between 79°F and 82°F.