

## Upper East Side | Lap Swim Schedule: March 4, 2024 - June 16, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-7am 25 yard (min. 3 lanes)	5:30am-7:30am 50 m. (min. 3 lanes)		5:30am-7:30am 50 m. (min. 3 lanes)			
7am-12pm 25 yard (min. 7 lanes)	7:30am-8:15am No Lanes	5:30am-12pm 25 yard (min. 7 lanes)	7:30am-8:15am No Lanes	5:30am-12pm 25 yard (min. 7 lanes)	8am-9:20am 50 m. (min. 3 lanes)	8am-9:50am 50 m. (min. 3 lanes)
	8:15am-12pm 25 yard (min. 7 lanes)		8:15am-12pm 25 yard (min. 7 lanes)		9:20am-10am No Lanes	9:50am-10:30am No Lanes
12pm-1pm 25 yard (min. 3 lanes)	12pm-1pm 25 yard (min. 3 lanes)	12pm-1pm 25 yard (min. 3 lanes)	12pm-1pm 25 yard (min. 3 lanes)	12pm-1pm 25 yard (min. 3 lanes)	10am-5pm 25 yard (min. 3 lanes)	10:30am-3pm 25 yard (min. 3 lanes)
1pm-4pm 25 yard (min. 7 lanes)	1pm-4pm 25 yard (min. 7 lanes)	1pm-4pm 25 yard (min. 7 lanes)	1pm-4pm 25 yard (min. 7 lanes)	1pm-4pm 25 yard (min. 7 lanes)		
4pm-6pm No Lanes	4pm-5:30pm No Lanes	4pm-6pm No Lanes	4pm-6pm No Lanes	4pm-5:30pm No Lanes		
6pm-8:30pm 25 yard (min. 3 lanes)	5:30pm-8pm 25 yard. (min. 3 lanes)	6pm-8pm 25 yard (min. 3 lanes)	6pm-8pm 25 yard (min. 3 lanes)	5:30pm-8pm 25 yard. (min. 3 lanes)	5:30pm-8pm 25 yard (min. 7 lanes)	
8:30pm-10pm 25 yard (min. 7 Lanes)	8pm-10pm 25 yard (min. 6 lanes)	8pm-10pm 25 yard (min. 7 Lanes)	8pm-10pm 25 yard (min. 6 Lanes)	8pm-10pm 25 yard (min. 7 Lanes)		

### Number of Lanes Available:

Green = 3 or more 50m lanes (OR 7 or more lanes)
Blue = 2-6 lanes available
Purple = No lanes available

### Lap Swimming Tips:

- One lane in the Olympic pool can safely and comfortably accommodate 6-8 swimmers.
- Practice circle swimming by swimming on the right side of the lane at all times.
- For safety, we recommend waiting until you reach the wall to pass swimmers.
- Always enter the pool feet first, no diving.
- If you would like to know the exact number of lanes available for your swim time, please call 212-369-8890 EXT. 2245