

WINTER POOL SCHEDULE

// UPPER EAST SIDE CAMPUS
// JANUARY 2 - MARCH 6, 2026

LAP SWIM (OLYMPIC POOL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 7am 3 x 25 yards	5:30am - 7:30am 3 x 50 meters		5:30am - 7:30am 3 x 50 meters		8am - 9:20am 3 x 50 meters	8am - 9:50am 3 x 50 meters
7am - 12pm 7 x 25 yards	7:30am - 8:15am NO LANES AVAILABLE	5:30am - 12pm 7 x 25 yards	7:30am - 8:15am NO LANES AVAILABLE	5:30am - 12pm 7 x 25 yards	9:20am - 10am NO LANES AVAILABLE	9:50am - 10:30am NO LANES AVAILABLE
12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards	12pm - 1pm 2 x 25 yards		
1pm - 3pm 7 x 25 yards	1pm - 3pm 7 x 25 yards	1pm - 3:30pm 7 x 25 yards	1pm - 2:30pm 7 x 25 yards	1pm - 2:30pm 7 x 25 yards	10am - 5pm 3 x 25 yards	
3pm - 4pm 5 x 25 yards	3pm - 3:30pm 5 x 25 yards	3:30pm - 4pm 4 x 25 yards	3pm - 3:30pm 11 x 25 yards	3:30pm - 4pm 7 x 25 yards		
4pm - 6pm NO LANES AVAILABLE	3:30pm - 5:30pm NO LANES AVAILABLE	4pm - 6pm NO LANES AVAILABLE	3:30pm - 4pm 5 x 25 yards	4pm - 5:30pm NO LANES AVAILABLE	5pm - 5:30pm NO LANES AVAILABLE	
6pm - 8:30pm 3 x 25 yards	5:30pm - 8pm 3 x 25 yards	6pm - 8:30pm 3 x 25 yards	6pm - 8pm 3 x 25 yards	5:30pm - 8:30pm 3 x 25 yards	5:30pm - 8pm 7 x 25 yards	3pm - 8pm 7 x 25 yards
8:30pm - 10pm 7 x 25 yards	8:30pm - 10pm 6 x 25 yards	8:30pm - 10pm 7 x 25 yards	8:30pm - 10pm 6 x 25 yards	8:30pm - 10pm 7 x 25 yards		

LANE AVAILABILITY KEY:

7 or more lanes available
3 or more(50 meter) lanes available
2-6 lanes available
No lanes available

LANE SWIMMING TIPS:

- One lane in the Olympic pool can safely and comfortably accomodate 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 x2245.