

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 – 12pm 7 x 25 yards	5:30am – 7:30am 3 x 50 meters	5:30am – 12pm 7 x 25 yards	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		7:30am – 8:15am NO LANES AVAILABLE		9:20am – 10am NO LANES AVAILABLE	9:50am – 10:30am NO LANES AVAILABLE
	8:15am – 12pm 7 x 25 yards		8:15am – 12pm 7 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	12pm – 1pm 2 x 25 yards	10am – 5pm 3 x 25 yards	10:30am – 3pm 3 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		
			2:30pm – 3pm 13 x 25 yards	2:30pm – 3:30pm 14 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	5pm – 5:30pm NO LANES AVAILABLE	3pm – 8pm 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		
			4pm – 6pm 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	
	8pm – 8:30pm 2 x 25 yards		8pm – 8:30pm 2 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 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 x2245.