

WINTER POOL SCHEDULE

// BATTERY PARK CITY CAMPUS
// JANUARY 3 - MARCH 6, 2026

LAP SWIM (LAP POOL)

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

LANE AVAILABILITY KEY:

5 lanes available
3-4 lanes available
2 lanes available
No lanes available

LANE SWIMMING TIPS:

- One lane in the Lap 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) 298-2900 x2882.