

# SPRING POOL SCHEDULE

// UPPER EAST SIDE CAMPUS  
// MARCH 9 - JUNE 26, 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
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 - 4pm 7 x 25 yards	1pm - 4pm 7 x 25 yards	1pm - 2:30pm 7 x 25 yards	1pm - 2:30pm 7 x 25 yards	1pm - 2:30pm 7 x 25 yards		
4pm - 6pm NO LANES AVAILABLE	4pm - 5:30pm NO LANES AVAILABLE	4pm - 6pm NO LANES AVAILABLE	4pm - 6pm NO LANES AVAILABLE	4pm - 5:30pm NO LANES AVAILABLE	5pm - 5:30pm NO LANES AVAILABLE	3pm - 8pm 7 x 25 yards
6pm - 8:30pm 3 x 25 yards	5:30pm - 8:30pm 3 x 25 yards	6pm - 8pm 3 x 25 yards	6pm - 8pm 3 x 25 yards	5:30pm - 8pm 3 x 25 yards	5:30pm - 8pm 7 x 25 yards	
8:30pm - 10pm 7 x 25 yards	8:30pm - 10pm 6 x 25 yards	8pm - 10pm 7 x 25 yards	8pm - 10pm 6 x 25 yards	8pm - 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.

# SPRING POOL SCHEDULE

// UPPER EAST SIDE CAMPUS  
// MARCH 7 - JUNE 26, 2026

## RECREATIONAL SWIM (OLYMPIC OR TEACHING & EXERCISE POOL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
T/E POOL	T/E POOL	T/E POOL	T/E POOL	T/E POOL	T/E POOL	OLYMPIC POOL	T/E POOL	OLYMPIC POOL
								12:45pm - 2:15pm <b>Family Rec.</b>
						1pm - 4pm <b>Family Rec.</b>		
					4:30pm - 7pm <b>Family Rec.</b>		4pm - 6pm <b>Family Rec.</b>	
7:30pm - 9pm <b>Family Rec.</b>		7:30pm - 9pm <b>Family Rec.</b>					6pm - 7pm <b>Adult Rec.</b>	
	8pm - 9pm <b>Adult Rec.</b>		8pm - 9pm <b>Adult Rec.</b>					

### POOL AVAILABILITY KEY:

Adult Recreational Swim

Family Recreational Swim

### 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.

### 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.