

SPRING POOL SCHEDULE

// BATTERY PARK CITY CAMPUS
// MARCH 7 - JUNE 26, 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		7am - 9am 5 x 25 yards	7am - 8am 5 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	11am - 3:30pm 2 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		12pm - 2pm 3 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		2pm - 8pm 4 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		3:30pm - 8pm 3 x 25 yards
7pm - 8pm 3 x 25 yards	7pm - 8:30pm 2 x 25 yards	4pm - 7pm NO LANES AVAILABLE	7pm - 8:30pm 2 x 25 yards	4pm - 7pm NO LANES AVAILABLE		
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		
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.

SPRING POOL SCHEDULE

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RECREATIONAL SWIM (LAP POOL 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	LAP POOL
	8am - 9am Family Rec.		8am - 9am Family Rec.			
12pm - 1pm Adult Rec.		12pm - 1pm Family Rec.		12pm - 1pm Adult Rec.		
					3:30pm - 5pm Family Rec.	3:30pm - 5pm Family Rec.
	7pm - 8pm Family Rec.		7pm - 8pm Family Rec.			5pm - 6:30pm Family Rec.

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 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.