

**BORO PARK YM-YWHA - 4912 14TH AVENUE, BROOKLYN, N.Y. 11219 718 438-5921
PHYSICAL EDUCATION DEPARTMENT**

RULES FOR USE OF POOL, GYM, SAUNA AND WHIRLPOOL

Y members have the use of the following facilities:

- Pool, Gymnasium, Steam Room, Sauna, Exercise Room, Whirlpool and Locker Rooms.
- All Schedules are subject to change. • No food or beverages are allowed in any of the facilities.
- Lockers are to be used only during the time one is participating in an activity. All lockers must be emptied and locks removed at the end of the day. • Locks will be cut if left overnight. The Y is not responsible for personal property.
 - All women must wear a bathing cap in the pool.
- Accident Insurance is required of all participants. This policy provides for coverage after application to private insurance and a \$25 deductible has been met.
- All participants must shower with soap before entering the pool, sauna or whirlpool.
 - Use of sauna and whirlpool is limited to 10 minutes.
- Persons in poor health should consult their physician before using any of the above facilities.
- Bathing suits must be worn in the pool, sauna and whirlpool, no shoes to be worn in the pool area.
- In the Gym and Exercise Room proper attire must be worn at all times, sneakers and leotards and tights, or sweat suits or shorts - no bathing suits.
- The lifeguards reserve the right to exclude any person from the pool who does not follow the rules

NOTE: LOCKER ROOMS CLOSE ONE HALF HOUR AFTER GYM CLASSES EXCEPT SUNDAY WHEN LOCKER ROOMS CLOSE AT 11:00 AM. NO ADMITTANCE TO ANY FACILITIES 15 MINUTES BEFORE CLOSING.

OPEN GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Gym 8:00 - 9:30 am	WOMEN Open Gym 9:00 - 10:00 am		WOMEN Open Gym 9:00 - 10:00 am		BOYS Open Gym (grades 1 - 3) 12:15- 12:50 pm
WOMEN Circuits 10:00 - 10:45 am GIRLS Open Gym (grades 1-8) 12:30 - 1:30 pm	WOMEN Cardio Challenge 10:00 - 10:45 am Arms and Abs 10:50 - 11:20 am		WOMEN Cardio Challenge 10:00 - 10:45 am Arms and Abs 10:50 - 11:20 am		BOYS Open Gym (grades 4 -6) 12:50- 1:35 pm (grades 7 - 8) 1:40 - 2:15 pm
GIRLS Open Gym (grades p1a-3) 1:30 - 3:30 pm		H.S. GIRLS Core-dination 8:00 -8:45 pm		H.S. GIRLS Core-dination 8:00 -8:45 pm	MOTZOEI SHABBOS NOVEMBER 4 MARCH 10
BOYS Open Gym (grades 3-6) 4:30 - 6:00 pm	WOMEN Steptastics 11:45 - 12:15 pm	WOMEN Cardio Dance Fusion 7:55 - 8:45 pm	WOMEN Step Tastics 11:45 - 12:15 pm	WOMEN Cardio Dance Fusion 7:55 - 8:45 pm	
BOYS Open Gym (Grades 6-8) 6:00 -7:15 pm					BOYS Open Gym (grades 6 - 8) 8:00 - 9:15 pm
HS BOYS Open Gym 7:15 - 9:00 pm	MEN Open Gym 7:00 - 10:30 pm	WOMEN Open Gym 9:00 - 10:30 pm	MEN Open Gym 7:00 - 10:30 pm	WOMEN Open Gym 9:00 - 10:30 pm	HS BOYS Open Gym 9:15 - 10:45 pm

BORO PARK Y POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Swim 7:30 - 10:30 am	WOMEN Lap Swim I 7:15 - 8:00 am	MEN Open Swim 7:30 - 10:30 am	WOMEN Lap Swim I 7:15 - 8:00 am	WOMEN Open Swim 7:30 - 10:30 am	MEN Open Swim 7:30 - 11:00 am
GIRLS (P1A-8) Swim Instruction 11:30 - 12:25 pm 12:25 - 1:15pm	WOMEN Open Swim 8:00 - 10:15 am		WOMEN Open Swim 8:00 - 10:15 am	WOMEN Open Lap Swim 10:00 - 11:30 am	BOYS (Grades 1-8) Open Swim 12:30 - 1:15 pm
GIRLS Open Swim (Grades 2-8) 1:15 - 2:00 pm	WOMEN Swim Instruction 10:20 - 10:55 am		WOMEN Swim Instruction 10:20 - 10:55 am		BOYS Swim Instruction (Grades 1-8) 1:20 - 2:10 pm
GIRLS (Grades 1-8) Swim Instruction 2:00 - 2:55 pm	WOMEN Lap Swim II 11:00 - 11:45 am	GIRLS Open Swim 4:30 - 5:30 pm	WOMEN Lap Swim II 11:00 - 11:45 am	GIRLS Open Swim 4:30 - 6:00 pm	
GIRLS (Grades 1-8) Open Swim 3:00 - 3:30 pm	WOMEN Open Swim 11:45 - 12:45 pm	GIRLS Swim Instruction 5:30 - 6:15 pm	WOMEN Open Swim 11:45 - 12:45 pm		
BOYS Open Swim (Grades 1-8) 4:15 - 4:55 pm	WOMEN Open Lap Swim 12:45 - 1:15 pm	H.S. GIRLS & WOMEN WSI 6:00 - 9:00 pm	WOMEN Open Lap Swim 12:45 - 1:15 pm	H.S. GIRLS & WOMEN Lifeguarding 6:30 - 9:30	MOTZOEI SHABBOS NOV. 4 - MARCH 10
BOYS Swim Instruction 5:00 - 5:50pm	WOMEN Lap Swim III 1:15 - 2:00 pm	H.S. GIRLS & WOMEN Swim Instruction 7:15 - 8:00 pm	WOMEN Lap Swim III 1:15 - 2:00 pm		BOYS Open Swim (Grades 1 - 8) 8:00 - 8:30 pm
FATHER / SON Open Swim 6:00 - 7:00 pm	H.S. BOYS Open Swim 7:00 - 9:00 pm	H.S. GIRLS Open Swim 7:00 - 8:00 pm	H.S. BOYS Open Swim 7:00 - 9:00 pm	H.S. GIRLS Open Swim 7:30 - 8:00 pm	FATHER / SON Open Swim 8:30 - 10:00pm
H.S. BOYS Open Swim 7:00 - 9:00 pm	MEN Open Swim 7:00 - 10:30pm	WOMEN Open Swim 8:00 - 9:30 pm	MEN Open Swim 7:00 - 10:30pm	WOMEN Open Swim 8:00 - 9:30 pm	H.S. BOYS & MEN Open Swim 9:15 - 10:45 pm
H.S. BOYS Lifeguarding 7:00 - 9:30 pm		WOMEN Open Lap Swim 9:30 - 10: 45 pm		WOMEN Open Lap Swim 9:30 - 10:45 pm	

AQUADYNAMICS WATER EXERCISE

WOMEN

Monday & Wednesday 9:30 - 10:00 am
11:15 - 11:45 am
12:00 - 12:30 pm

Thursday 9:30 - 10:00 am

Tuesday & Thursday 8:30 - 9:00 pm

MEN Wednesday 7:30 - 8:00 pm

SMALL POOL HOURS

WOMEN

Monday & Wednesday 10:00 - 1:30 pm

Thursday 9:00 - 11:30 am

Tuesday & Thursday 7:30 - 9:30 pm

MEN

Monday & Wednesday 7:30 - 9:30 pm

Sunday, Tuesday, Friday 8:30 - 10:30 am

POOL HOURS WILL BE STRICTLY ENFORCED
SUBJECT TO AVAILABILITY OF LIFEGUARDS

SAUNA, WHIRLPOOL & STEAMROOM

WOMEN

Monday & Wednesday 7:15 - 2:15 pm

Tuesday 7:30 - 10:30 pm

Thursday 8:00 - 11:30 am

7:30 - 10:30 pm

MEN

Sunday 7:30 - 10:45 am

Monday & Wednesday 6:00 - 10:30 pm

Tuesday 7:30 - 10:30 am

Friday 7:30 - 11:00 am

FITNESS FACILITY

WOMEN

Monday & Wednesday 8:15 - 1:30 pm

Tuesday & Thursday 8:15 - 10:45 pm

Thursday 8:15 - 11:00 am
8:15 - 10:30 pm

MEN

Sunday 7:30 - 10:30 am

Monday & Wednesday 6:00 - 10:45 pm

Tuesday & Friday 7:30 - 10:30 am

Motzoei Shabbos 8:00 - 9:00 pm

H.S. GIRLS

Tuesday & Thursday 7:00 - 8:00 pm

H.S. BOYS

Motzoei Shabbos 9:00 - 10:45 pm

Sunday 7:00 - 8:30 pm