

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. 3 - MARCH 9
BOYS Swim Instruction 4:40 - 5:25 pm 5:30 - 6:15pm	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 - 7:30 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 7:00 - 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 6:30 - 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 - 1145 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