

## BORO PARK Y POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEN</b> Open Swim 7:30 - 10:30 am	<b>WOMEN</b> Lap Swim I 7:15 - 8:00 am	<b>MEN</b> Open Swim 7:30 - 10:30 am	<b>WOMEN</b> Lap Swim I 7:15 - 8:00 am	<b>WOMEN</b> Open Swim 7:15 - 10:30 am	<b>MEN</b> Open Swim 7:30 - 11:00 am
<b>GIRLS (P1A-8)</b> Swim Instruction 11:30 - 12:25 pm 12:30 - 1:20pm	<b>WOMEN</b> Open Swim 8:00 - 10:15 am		<b>WOMEN</b> Open Swim 8:00 - 10:15 am	<b>WOMEN</b> Open Lap Swim 10:00 - 11:45 am	<b>BOYS</b> (Grades 1-8) Open Swim 12:30 - 1:15 pm
<b>GIRLS</b> Open Swim (Grades 2-8) 1:20 - 2:00 pm	<b>WOMEN</b> Swim Instruction 10:30 - 11:05 am		<b>WOMEN</b> Swim For Fitness 10:30 - 11:05 am		<b>BOYS</b> Swim Instruction (Grades 1-8) 1:20 - 2:10 pm
<b>GIRLS</b> (Grades 1-8) Swim Instruction 2:05- 3:00 pm	<b>WOMEN</b> Lap Swim II 11:00 - 11:45 am	<b>GIRLS</b> Open Swim 4:30 - 5:30 pm	<b>WOMEN</b> Lap Swim II 11:00 - 11:45 am	<b>GIRLS</b> Open Swim 4:30 - 6:00 pm	
<b>GIRLS</b> (Grades 1-8) Open Swim 3:00 - 3:30 pm	<b>WOMEN</b> Open Swim 11:45 - 12:45 pm	<b>GIRLS</b> Swim Instruction 5:30 - 6:15 pm	<b>WOMEN</b> Open Swim 11:45 - 12:45 pm		
<b>BOYS</b> Open Swim (Grades 1-8) 4:15- 4:55 pm	<b>WOMEN</b> Open Lap Swim 12:45 - 1:15 pm	<b>H.S. GIRLS &amp; WOMEN</b> WSI 6:00 - 9:00 pm	<b>WOMEN</b> Open Lap Swim 12:45 - 1:15 pm	<b>H.S. GIRLS &amp; WOMEN</b> Lifeguarding 6:30 - 9:30	<b>MOTZOEI SHABBOS</b> NOV. 5- MARCH 4
<b>BOYS</b> Swim Instruction 4:40 - 5:25 pm 5:30 - 6:15pm	<b>WOMEN</b> Lap Swim III 1:15 - 2:00 pm	<b>H.S. GIRLS &amp; WOMEN</b> Swim Instruction 7:15 - 8:00 pm	<b>WOMEN</b> Lap Swim III 1:15 - 2:00 pm		<b>BOYS</b> Open Swim (Grades 1 - 8) 8:00 - 8:30 pm
<b>FATHER / SON</b> Open Swim 6:00 - 7:30 pm	<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>H.S. GIRLS</b> Open Swim 7:00 - 8:00 pm	<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>H.S. GIRLS</b> Open Swim 7:00 - 8:00 pm	<b>FATHER / SON</b> Open Swim 8:30 - 10:00pm
<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>MEN</b> Open Swim 7:00 - 10:30pm	<b>WOMEN</b> Open Swim 8:00 - 9:30 pm	<b>MEN</b> Open Swim 7:00 - 10:30pm	<b>WOMEN</b> Open Swim 8:00 - 9:30 pm	<b>H.S. BOYS &amp; MEN</b> Open Swim 9:15 - 10:45 pm
		<b>WOMEN</b> Open Lap Swim 9:30 -10: 30 pm		<b>WOMEN</b> Open Lap Swim 9:30 -10:305 pm	<b>H.S. BOYS</b> Lifeguarding 8:00 - 10:30 pm

### AQUADYNAMICS WATER EXERCISE

<b>WOMEN</b>	
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

<b>WOMEN</b>	
Monday & Wednesday	10:00 - 1:30 pm
Thursday	9:00 - 11:30 am
Tuesday & Thursday	7:30 - 9:30 pm
<b>MEN</b>	
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 AND STEAMROOM

<b>WOMEN</b>	
Monday & Wednesday	7:15 - 2:15 pm
Tuesday	7:30 - 10:30 pm
Thursday	8:00 - 11:30 am 7:30 - 10:30 pm
<b>MEN</b>	
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

<b>WOMEN</b>	
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
<b>MEN</b>	
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
<b>H.S. GIRLS</b>	
Tuesday & Thursday	7:00 - 8:00 pm
<b>H.S. BOYS</b>	
Motzoei Shabbos	9:00 - 10:45 pm
Sunday	7:00 - 8:30 pm