

## 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>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 11:15 - 11:45 am	<b>GIRLS</b> Open Swim 4:30 - 5:30 pm	<b>WOMEN</b> Lap Swim II 11:15 - 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>WOMEN</b> Open Lap Swim 12:45 - 1:15 pm		
<b>BOYS</b> Swim Instruction 5:00 - 5:45 pm 5:45 - 6:30pm	<b>WOMEN</b> Lap Swim III 1:15 - 2:00 pm		<b>WOMEN</b> Lap Swim III 1:15 - 2:00 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>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>WOMEN</b> Open Lap Swim 9:30 - 10: 30 pm		<b>WOMEN</b> Open Lap Swim 9:30 - 10:30 pm	

AQUADYNAMICS WATER EXERCISE	
<b>WOMEN</b>	
Monday & Wednesday	..... 9:45 - 10:15 am 11:30 - 12:00 am 12:00 - 12:30 pm
Thursday	..... 9:45 - 10:15 am
Tuesday & Thursday	..... 8:30 - 9:00 pm
<b>SMALL POOL HOURS</b>	
<b>WOMEN</b>	
Monday & Wednesday	..... 10:20 - 2:00 pm
Thursday	..... 10:20 - 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
<b>POOL HOURS WILL BE STRICTLY ENFORCED SUBJECT TO AVAILABILITY OF LIFE GUARDS</b>	

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	..... 7:15 - 2:00 pm
Tuesday & Thursday	..... 7:15 - 10:45 pm
Thursday	..... 7:15 - 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
<b>H.S. GIRLS</b>	
Tuesday & Thursday	..... 7:00 - 8:00 pm
<b>H.S. BOYS</b>	
Sunday	..... 7:00 - 9:00 pm