

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 6:30 - 9:00 pm	WOMEN Open Lap Swim 12:45 - 1:15 pm	H.S. GIRLS & WOMEN Lifeguarding 6:30 - 9:30	MOTZOEI SHABBOS ENDS MARCH 12
BOYS Swim Instruction 5:00 -5:45pm	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		
FATHER / SON Open Swim 5:50 - 7:00 pm	H.S. BOYS Open Swim 7:00 - 9:00 pm	H.S. GIRLS Open Swim 7:30 - 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	MEN Swim Instruction 7:30 - 8:00 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