



North Area Family YMCA Pool Schedule

Lap Swim Schedule *Effective 6/30-8/23

Updated 7/7/25

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------------|---|--|---|---------------------------|---------------------------|
| 5:30-7:30 AM 6 Lanes | 5:30-7:30 AM 6 Lanes | 5:30-7:30 AM 6 Lanes | 5:30-8 AM 6 Lanes | 5:30-7:30 AM 6 Lanes | 6-8:30 AM 6 Lanes | 8-9:30 AM Masters Swim |
| 7:30-9:30 AM 2 Lanes | 7:30-10 AM 2 Lanes | 7:30-8:30 AM 2 Lanes | 8-9 AM 2 Lanes | 7:30-8:30 AM 2 Lanes | 11:15-12:30 PM 2 Lanes | 9:30AM-2:30 PM 3 Lanes |
| 9:30AM-1 PM POOL CLOSED FOR CAMP Y- NOAH | 10:30AM-4:15 PM 4 Lanes | 9:30AM-1 PM POOL CLOSED FOR CAMP Y- NOAH | 9-10:30 AM 1 Lane | 9:30-1 PM POOL CLOSED FOR CAMP Y- NOAH | 12:30-2:30 PM 3 Lanes | |
| 1:40-4 PM 4 Lanes | 4:15-6 PM 1 Lane | 1:40-4:15 PM 4 Lanes | 10:30-11:30 AM 3 Lanes | 1:40-6 PM 4 Lanes | | |
| 4-6 PM 2 Lanes | 7:45-8:30 PM 4 Lanes | 4:15-6 PM 1 Lane | 11:30AM-4 PM 4 Lanes **POOL CLOSED FOR MAINTENANCE 3-4 PM** | 7:45-8:30 PM 4 Lanes | | |
| 7:15-8:15 PM- Masters Swim | | 7:15-8:15 PM Masters Swim | 4-6:15 PM 3 Lanes | | | |
| 8:15-8:30 PM 4 Lanes | | 8:15-8:30 PM 4 Lanes | 7:45-8:30 PM 4 Lanes | | | |

Schedule Notes:

- This schedule notes times of available pool space. If the time you are looking for is not listed, there is no pool availability at that time.
- Aquatics staff may coordinate pool usage, including relocating swimmers or closing space, at any time.
- Please see signs posted on all pool doors for closures due to events, parties, etc.
- Youth under age 18 must have one of 3 designated wristbands on to participate in lap or open swim. Children under 13 MUST always have an adult with them within the Y, including the pool.

Questions? Rachelle Sotherden, Aquatics Director: rsotherden@ymacny.org



North Area Family YMCA Pool Schedule

Open Swim Schedule *Effective 6/30–8/23

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|--|---|
| 7:30–8:30 AM Deep End Open | 7:30–8 AM Shallow and Deep End open | 7:30–8:15 AM Deep End Open | 8–9 AM Deep End Open | 7:30–8:30 AM Deep End Open | 8–9AM Shallow End Open | 9:30AM–2:30 PM Shallow and Deep End Open |
| 8:30–9:30 AM Shallow End Open | 8–10:30 AM Deep End Open | 8:15–8:45 AM Shallow End Open | 9–10:30 AM Deep End Open | 9:30–1 PM POOL CLOSED FOR CAMP Y- NOAH | 11:15AM–2:30 PM Shallow and Deep End Open | |
| 9:30AM–1 PM POOL CLOSED FOR CAMP Y- NOAH | 10:30AM–4:15 PM Shallow and Deep End Open | 9:30AM–1 PM POOL CLOSED FOR CAMP Y- NOAH | 11:30AM–6 PM Shallow and Deep End Open | 1:40–6 PM Shallow and Deep End Open | | |
| 1:40–5:30 PM Shallow and Deep End Open | 7:45–8:30 PM Shallow and Deep End Open | 1:40–4:15 PM Shallow End Open | **POOL CLOSED FOR MAINTENANCE 3–4 PM** | 7:45–8:30 PM Shallow and Deep End Open | | |
| 8:15–8:30 PM Shallow and Deep End Open | | 8:15–8:30 PM Shallow and Deep End Open | 7:45–8:30 PM Shallow and Deep End Open | | | |

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