



North Area Family YMCA Pool Schedule

Lap Swim Schedule *Effective 9/2-10/31

Updated 8/22/25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30 AM 6 Lanes	5:30-8 AM 6 Lanes	5:30-7:30 AM 6 Lanes	5:30-8 AM 6 Lanes	5:30-8:30AM 6 Lanes	6-8:30 AM 6 Lanes	8-9:30 AM Masters Swim
7:30-11 AM 2 Lanes	8-10 AM 2 Lanes	7:30-11:15AM 2 Lanes	8-10:30 AM 2 Lanes	8:30-10:45 AM 2 Lanes	11:15-12:30 PM 2 Lanes	9:30AM-2:30 PM 2 Lanes
11AM-4 PM 4 Lanes	10AM-12PM 3 Lanes	11AM-4:15 PM 4 Lanes	10:30AM-3 PM 4 Lanes		12:30-2:30 PM 3 Lanes	
4-6 PM 3 Lanes	12-4:15 PM 4 Lanes	4:15-6 PM 1 Lane	POOL CLOSED FOR MAINTENANCE 3-4 PM	10:45AM-6 PM 4 Lanes		
6-6:45 PM 2 Lanes		6:50-7:50 PM Masters Swim	4-6:15 PM 3 Lanes	7:45-8:30 PM 4 Lanes		
6:50-7:50 PM MASTERS SWIM	7:45-8:30 PM 4 Lanes	7:50-8:30 PM 4 Lanes	7:45-8:30 PM 4 Lanes			
7:50-8:30 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. Thank you in advance for your cooperation.
- 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 9/2-10/31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 AM Deep End Open	8-11 AM Deep End Open	7:30-8:30 AM Deep End Open	8-9 AM Deep End Open	7:30-8:30 AM Shallow and Deep End Open	8-9 AM Shallow End Open	9:30AM-2:30 PM Shallow and Deep End Open
8:30-9:30 AM Shallow End Open			9-9:45 AM Shallow End Open	8:30-9 AM Shallow End Open		
9:30AM-11 AM Deep End Open	11AM-4:15 PM Shallow and Deep End Open	9:30-10:30 AM Shallow and Deep End Open	9:45-10:30 AM Deep End Open	9:15-10:45 AM Deep End Open	11:15AM-2:30 PM Shallow and Deep End Open	
11AM-6 PM Shallow and Deep End Open		11:15AM-4:15 PM Shallow and Deep End Open	10:30 AM-3 PM Shallow and Deep End Open			
6-6:45 PM Shallow End Open	7:45-8:30 PM Shallow and Deep End Open	8:15-8:30 PM	**POOL CLOSED FOR MAINTENANCE 8-4 PM**	10:45AM-6 PM Shallow and Deep End Open		
7:50-8:30 PM Shallow and Deep End Open		Shallow and Deep End Open	3-6:15 PM Shallow and Deep End Open	7:45-8:30 PM Shallow and Deep End Open		
			7:45-8:30 PM Shallow and Deep End Open			

Schedule Notes:

- This schedule notes times of available pool space. If a 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. Thank you in advance for your cooperation.
- 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