



2018 WINTER POOL SCHEDULE

January 2 - March 30, 2018

POOL CLOSED - September 4-September 10 for Maintenance

CENTRAL QUEENS YM & YWHA

Another Quality Community Center of the Samuel Field Y

67-09 108th Street, Forest Hills NY, 11375 (718)268-5011, www.cqy.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	POOL NOTES
8:00 - 8:50 am Men & Boys ONLY	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY	<ul style="list-style-type: none"> Classes will be going on concurrently with open swim times. Swim Caps <u>must</u> be worn by everyone 5 years and older. Everyone must shower in the locker room before entering the pool. Lifeguard's instructions must be heeded. Children under 8 years of age must be accompanied by an adult in the water. "Co-ed Adult" means members 18 years and up, only! (except for private swimming lessons) The fast lane may be closed when the free area is crowded and/or when classes meet and/or there are birthday parties. Tuesday & Thursday 7:00 - 7:20 will be Co-ed All Ages. A schedule of classes is available at the Health & Fitness Center control Desk on the Y's Lower Level. NO outside shoes permitted on the pool deck The Central Queens YM & YWHA Health & Fitness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.
9:00 - 10:30 am Co-ed Adult (18+)	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am Women & Girls ONLY	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am Women & Girls ONLY		
10:35 - 11:50 am Women & Girls ONLY	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	10:35 am - 12:50 pm Co-ed All Ages	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	10:35 am - 12:50 pm Co-ed All Ages	8:00 - 11:50 am Co-ed All Ages	
12:00 - 3:00 pm POOL CLOSED for Classes		1:00 - 2:30 pm Men & Boys ONLY		1:00 - 2:30 pm Men & Boys ONLY	12:00-12:50 pm Women & Girls ONLY	
3:00 - 4:50 pm Co-ed All Ages Family Swim NO Lap Lanes	6:00 - 7:00 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	2:35 - 3:50 pm Co-ed All Ages	6:00 - 7:00 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	2:35 - 3:50 pm Co-ed All Ages	1:00 - 2:30 pm Men & Boys ONLY	
	7:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	7:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes		
5:05 - 5:55 pm Women & Girls ONLY	8:00 - 8:40 pm Co-ed All Ages	6:00 - 7:40pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	8:00 - 8:40 pm Co-ed All Ages	6:00 - 7:40 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	2:35- 4:45 pm 2 Lanes Co-ed All Ages 2 Lanes Swim Classes	
6:00 - 6:50 pm Men & Boys ONLY	8:45 - 9:45 pm Men & Boys ONLY	7:45 - 8:45 pm Women & Girls ONLY	8:45 - 9:45 pm Men & Boys ONLY	7:45 - 8:45 pm Women & Girls ONLY		
7:00 - 9:45 pm POOL CLOSED for Swim Team/Classes		8:50 - 9:45 pm Co-ed Adult (18+)		8:50 - 9:45 pm Co-ed Adult (18+)		

GUEST PASSES

After 6:00 pm on weekdays and all Sundays, the Y reserves the right to limit the number of guest passes it issues for use of the Health & Fitness Center to accommodate its members during these peak hours of usage.

CHILDREN (up to 12 years) : \$5

TEENS (13 - 18 years): \$10

ADULTS (19 YEARS & UP): \$15

STEAM ROOM HOURS - WOMEN ONLY

TUES. /THURS.

9:00 - 10:25 am

SUNDAYS

5:20 - 5:50 pm

SAUNA HOURS - MEN ONLY

FRIDAYS

1:30 - 2:25 pm

SUNDAYS

6:45 - 7:15 pm