



# 2018 FALL POOL SCHEDULE

SEPTEMBER 12 – DECEMBER 30, 2018

POOL CLOSED - September 2-September 11 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 <i>Men &amp; Boys ONLY</i>	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"> <li>Classes will be going on concurrently with open swim times.</li> <li>Swim Caps <u>must</u> be worn by everyone 5 years and older.</li> <li>Everyone must shower in the locker room before entering the pool.</li> <li>Lifeguard's instructions must be heeded.</li> <li>Children under 8 years of age must be accompanied by an adult in the water.</li> <li>"Co-ed Adult" means members 18 years and up, only! (except for private swimming lessons)</li> <li>The fast lane may be closed when the free area is crowded and/or when classes meet and/or there are birthday parties.</li> <li>Tuesday &amp; Thursday 7:00 - 7:20 will be Co-ed All Ages.</li> <li>A schedule of classes is available at the Health &amp; Fitness Center control Desk on the Y's Lower Level.</li> <li>NO outside shoes permitted on the pool deck</li> <li><b>The Central Queens YM &amp; YWHA Health &amp; Fitness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.</b></li> </ul>
9:00 - 10:30 am Co-ed Adult (18+)	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women &amp; Girls ONLY</i>	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women &amp; Girls ONLY</i>		
10:35 - 11:50 am <i>Women &amp; Girls ONLY</i>	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 <i>Men &amp; Boys ONLY</i>		1:00 - 2:30 pm <i>Men &amp; Boys ONLY</i>	12:00-12:50 pm <i>Women &amp; Girls ONLY</i>	
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 <u>NO FREE LANE</u>	2:35 - 3:50 pm Co-ed All Ages	6:00 - 7:00 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY <u>NO FREE LANE</u>	2:35 - 3:50 pm Co-ed All Ages	1:00 - 2:30 pm <i>Men &amp; Boys ONLY</i>	
	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 <i>Women &amp; Girls ONLY</i>	8:00 - 8:40 pm Co-ed All Ages	6:00 - 7:40 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY <u>NO FREE LANE</u>	8:00 - 8:40 pm Co-ed All Ages	6:00 - 7:40 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY <u>NO FREE LANE</u>	2:35- 4:45 pm 2 Lanes Co-ed All Ages 2 Lanes Swim Classes	
6:00 - 6:50 pm <i>Men &amp; Boys ONLY</i>	8:45 - 9:45 pm <i>Men &amp; Boys ONLY</i>	7:45 - 8:45 pm <i>Women &amp; Girls ONLY</i>	8:45 - 9:45 pm <i>Men &amp; Boys ONLY</i>	7:45 - 8:45 pm <i>Women &amp; Girls ONLY</i>		
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  
11:15 -11:45 am  
5:20 - 5:50 pm

## SAUNA HOURS - MEN ONLY

FRIDAYS  
1:30 - 2:25 pm

SUNDAY  
6:45 - 7:15 pm