



WINTER POOL SCHEDULE

January 3 - March 31, 2017

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
8:00 am - 8:50 am Men & Boys ONLY	6:15 am - 8:00 am Lap Swimming ONLY	6:15 am - 8:50 am Co-ed All Ages	6:15 am - 8:00 am Lap Swimming ONLY	6:15 am - 8:50 am Co-ed All Ages	6:15 am - 8:00 am Lap Swimming ONLY
9:00 am - 10:30 am Co-ed Adult (18+)	8:00 am - 3:50 pm Co-ed All Ages	9:00 am - 10:30 am Women & Girls ONLY	8:00 am - 3:50 pm Co-ed All Ages	9:00 am - 10:30 am Women & Girls ONLY	
10:35 am - 11:55 am Women & Girls ONLY	4:00 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	10:35 am - 12:50 pm Co-ed All Ages	4:00 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	10:35 am - 12:50 pm Co-ed All Ages	8:00 am - 12:50 am Co-ed All Ages
12:00 pm - 3:00 pm POOL CLOSED for Classes	6:00 pm - 7:00 pm* 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	1:00 pm - 2:30 pm Men & Boys ONLY	6:00 pm - 7:00 pm* 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	1:00 pm - 2:30 pm Men & Boys ONLY	
3:00 pm - 5:00 pm Family Swim No Lap Lanes	7:00 pm - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	2:35 pm - 3:50 pm Co-ed All Ages	7:00 pm - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	2:35 pm - 3:50 pm Co-ed All Ages	1:00 pm - 2:30 pm Men & Boys ONLY
5:05 pm - 5:55 pm Women & Girls ONLY	8:00 pm - 8:40 pm Co-ed All Ages	4:00 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	8:00 pm - 8:40 pm Co-ed All Ages	4:00 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	
6:00 pm - 6:50 pm Men & Boys ONLY	8:45 pm - 9:45 pm Men & Boys ONLY	6:00 pm - 7:30 pm* 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	8:00 pm - 8:40 pm Co-ed All Ages	6:00 pm - 7:30 pm* 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY No Free Lane	2:35 pm - 4:45 pm Co-ed All Ages
7:00 pm - 9:45 pm POOL CLOSED for Swim Team/Classes		7:35 pm - 8:25 pm Women & Girls ONLY	8:45 pm - 9:45 pm Men & Boys ONLY	7:35 pm - 8:25 pm Women & Girls ONLY	
		8:35 pm - 9:45 pm Co-ed Adult (18+)	8:45 pm - 9:45 pm Men & Boys ONLY	8:35 pm - 9:45 pm Co-ed Adult (18+)	

- POOL NOTES**
- Classes will be going on concurrently with open swim times.
 - Swim Caps must be worn by everyone 5 years and older.
 - **NO** attire other than a bathing suit permitted in the pool.
 - 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.
 - 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.**

OPEN SATURDAY NIGHTS - JANUARY 7, 2017-MARCH 13, 2017

Family Swim 2 Lap Lanes, 1 Open Swim Area 7:00 pm - 7:50 pm	Women & Girls Only (some Saturdays, LG class will use 1/2 the pool) 8:00 pm - 9:25 pm	Men & Boys Only (some Saturdays, LG class will use 1/2 the pool) 9:30 pm - 10:40 pm
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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
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STEAM ROOM HOURS - WOMEN ONLY

<u>TUES. /THURS.</u> 9:00 am - 10:25 am	<u>SUNDAYS</u> 5:20 pm - 5:50 pm
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SAUNA HOURS - MEN ONLY

<u>FRIDAYS</u> 1:30 pm - 2:25 pm	<u>SUNDAYS</u> 6:20 pm - 6:45 pm
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