

Reebok Sports Club/NY presents our

Weekly Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Lap Swim Swim 7:00am – 8:30pm	Open Lap Swim 5:00am – 10:30pm	Open Lap Swim 5:00am – 10:30pm	Open Lap Swim 5:00am – 10:30pm	Open Lap Swim 5:00am – 10:30pm	Open Lap Swim 5:00am – 9:30pm	Open Lap Swim 7:00am – 8:30pm
Family Day & Children’s Lessons 11:00am – 3:00pm	Adult Aqua Classes 10:00 – 11:00am	Adult Aqua Classes 12:30 – 1:30pm	Adult Aqua Classes 8:45 – 9:45am	Adult Aqua Classes 10:00 – 11:00am	Adult Aqua Classes 9:30 – 10:30am	Adult Aqua Classes 10:00 – 11:00am
		Adult Aqua Classes 6:30 – 7:30pm	Adult Swim Program 7:00 – 8:00pm	Adult Aqua Classes 6:30 – 7:30pm		
		Adult Swim Program 7:30 – 8:30pm				

Pool Rules:

During the Adult Swim programs: The two double lanes are at capacity with up to 10 participants. When greater than 10 participants are present, 3 double lanes should be used.

During Adult Aqua Classes: If a class has 20 or fewer participants, one double lane and the single lane are used. When there are more than 20 participants two double lanes and the single lane are used for class.

During Family Day & Children’s Lessons: The pool area closest to the locker room doors is designated for the family free swim, the middle lane is designated for lap swimming, and the far double lane is designated for children’s swim lessons.

Please contact Pam Opdyke, Regional Sports Manager, at popdyke@reeboksportsclubny.com or 212.501.1438 for more information or to register.

