

KEY Co-ed Swim: ages 6 and under
Adult Swim: ages 16+
Open Swim: any age

SUNDAYS

8:00 AM – 12:55 PM | Men's Adult Swim, ages 16+
11:00 AM – 12:55 PM | Men's Open Swim & Father/Child Co-ed Swim
(girls must be 6 and under)
1:00 – 3:30 PM | Women's Adult Swim, ages 16+
3:30 – 6:25 PM | Women's Open Swim & Mother/Child Co-ed Swim
(boys must be 6 and under)
6:30 – 9:00 PM | Men's Open Swim

MONDAYS & WEDNESDAYS

6:30 – 8:55 AM | Men's Adult Swim, ages 16+
9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+
12:00 – 12:45 PM | Women's Water Exercise Class
1:00 – 5:00 PM | Reserved for Instructional Swim
5:00 – 6:00 PM | Women's Adult Swim, ages 16+
6:00 – 9:00 PM | Women's Open Swim & Mother/Child Co-ed Swim
(boys must be 6 and under)

TUESDAYS & THURSDAYS

6:30 – 8:55 AM | Men's Adult Swim, ages 16+
9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+
1:00 – 5:00 PM | Reserved for Instructional Swim
5:00 – 6:00 PM | Men's Adult Swim, ages 16+
6:00 – 9:00 PM | Men's Open Swim & Father/Child Co-ed Swim
(girls must be 6 and under)
9:00 – 10:00 PM | Men's Adult Swim, ages 16+

FRIDAYS

6:30 – 8:55 AM | Men's Adult Swim, ages 16+
9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+
1:00 – 4:00 PM | Reserved for Instructional Swim

SATURDAY NIGHTS

Seasonal Hours | Men's Adult Swim, ages 16+

CHILD SWIM sidebar

To ensure the most enjoyable pool experience possible, please note:

♦ **ADULT SWIM** is reserved for those aged 16+ (and for swimming laps, only) – barring holiday exceptions.

♦ **CHILDREN AGES 10 AND OLDER** are permitted to swim unattended during select times during Open Swim, provided that they know how to swim on their own.

GIRLS (ages 10+) | SUN, 3:30–6:25 PM
MON & WED, 6:00–9:00 PM

BOYS (ages 10+) | SUN, 11 AM–12:55 PM
SUN, 6:30–9:00 PM
TUE & THURS, 6:00–9:00 PM

♦ **CHILDREN AGES 9 & YOUNGER** must swim in the company of an adult at all times. See schedule for available times.

Parent/Child Co-ed Swim

+ Children must be 6 years old and under to qualify for co-ed swim.

+ Children ages 3 and older of the opposite sex can change in the Family Changing Room, ONLY. **There is no changing in the sauna or on the pool deck.**

For details and holiday exceptions, call Constantine at (718) 954-3162.

Note: Persons under 18 are prohibited from entering the sauna at any time.

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**No food or drinks on pool deck.
Street shoes of any kind forbidden
in the pool area. Strictly enforced.**

Failure to follow all pool rules may lead to a suspension of member privileges. The Center reserves the right to one lane, at any time, for swim instruction.

Great Things Happen Here