

# Kings Bay Y Pool Schedule

Effective: Wednesday, February 1, 2012

SUNDAYS	
7:30am – 8:30am	Male Only
8:30am – 9:50am	Adult Swim
9:50am – 10:50am	Open Swim
11:00am – 2:00pm	Learn to Swim
2:15pm – 7:00pm	Open Swim
7:00pm – 8:00pm	Adult Swim

MONDAYS	
7:00am – 8:00am	Female Only
8:05am – 12:00pm	Adult Swim
12:00pm – 3:40pm	Open Swim
3:40pm – 4:30pm	After School
4:45pm – 6:15pm	Learn to Swim
6:15pm – 7:15pm	Water Polo
7:20pm – 8:00pm	Open Swim
8:00pm – 9:00pm	Adult Swim
9:00pm – 9:50pm	Adult Lap Swim

TUESDAYS	
7:00am – 8:00am	Male Only
8:05am – 12:30pm	Adult Swim
12:45pm – 1:30pm	Arthritis Aquatics
1:40pm – 4:15pm	Open Swim
4:30pm – 6:00pm	Learn to Swim
6:00pm – 7:00pm	Swim Team Prep/ After School for HLA
7:10pm – 8:00pm	Open Swim
8:00pm – 9:00pm	Adult Swim
9:00pm – 9:50pm	Adult Lap Swim

WEDNESDAYS	
7:00am – 8:00am	Adult Lap Swim
8:00am – 9:00am	Female Only
9:00am – 12:00pm	Adult Swim
12:00pm – 4:15pm	Open Swim
4:30pm – 6:00pm	Learn to Swim
6:00pm – 6:30pm	After School for HLA
6:30pm – 7:30pm	Water Polo
7:35pm – 8:15pm	Open Swim
8:15pm – 9:00pm	Adult Swim
9:00pm – 9:50pm	Adult Lap Swim

THURSDAYS	
7:00am – 8:00am	Male Only
8:00am – 9:00am	Adult Lap Swim
9:00am – 12:00pm	Adult Swim
12:15pm – 1:00pm	Arthritis Aquatics
1:00pm – 2:30pm	Nursery Swim
2:30pm – 4:00pm	Open Swim
4:15pm – 6:30pm	Learn to Swim
6:30pm – 7:30pm	Swim Team Prep
7:35pm – 8:30pm	Open Swim
8:30pm – 9:50pm	Adult Swim

FRIDAYS	
7:00am – 8:00am	Adult Swim
8:00am – 9:30am	Female Only
9:30am – 12:00pm	Adult Swim
12:05pm – 3:20pm	Open Swim
3:30pm – 4:50pm	After School
4:50pm – 5:30pm	After School for HLA
5:30pm – 6:30pm	Water polo

SATURDAYS	
5:00pm – 8:00pm	Open Swim
8:05pm – 9:00pm	Adult Lap Swim

If you have any questions, please contact Eugene at 718-648-7703 ext. 221 or [info@kingsbayy.org](mailto:info@kingsbayy.org)

*Kings Bay Y reserves the right to make changes to the schedule*

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