



# POOL SCHEDULE July 1st, 2024 - July 15th, 2024

\*SCHEDULE SUBJECT TO CHANGE\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:50 am <b>MEN ONLY</b>	6:15 - 7:30 am CO-ED All Ages	6:15 - 8:55 am CO-ED All Ages	6:15 - 7:35 am CO-ED All Ages	6:15 - 7:35 am CO-ED All Ages	6:15 - 8:55 am CO-ED All Ages	8:00 -10:00 am CO-ED All Ages
10:00 - 11:50 am <b>WOMEN ONLY</b>	7:35 - 8:55 am <b>WOMEN ONLY</b>		7:35 - 8:55 am <b>WOMEN ONLY</b>	7:45 - 8:55 am <b>MEN ONLY</b>		
12:00 - 4:00 pm <b>POOL CLOSED FOR CLASSES</b>	9:00 am-12:00 pm <b>POOL CLOSED FOR DAY CAMP</b>	9:00 am-12:00 pm <b>POOL CLOSED FOR DAY CAMP</b>	9:00 am-12:00 pm <b>POOL CLOSED FOR DAY CAMP</b>	9:00 am-12:00 pm <b>POOL CLOSED FOR DAY CAMP</b>	9:00 am-12:00 pm <b>POOL CLOSED FOR DAY CAMP</b>	10:00 am-4:00 pm <b>POOL CLOSED FOR CLASSES</b>
4:00 - 6:00 pm <b>Family Swim Only No Lap Lanes</b>	12:00-3:25 pm 2 LAP LANES/1 FREE AREA	12:00-1:30 pm CO-ED All Ages	12:00-1:30 pm CO-ED All Ages	12:00-3:25 pm 2 LAP LANES/1 FREE AREA	12:00 - 12:50 pm <b>WOMEN ONLY</b>	4:00 -5:00 pm <b>Half Pool Family Swim Only No Lap Lanes Half Pool Classes</b>
		1:30-3:25 pm 2 LAP LANES/1 FREE AREA	1:30-3:25 pm 2 LAP LANES/1 FREE AREA		1:00- 2:15 pm <b>MEN ONLY</b>	
6:00 - 6:45 pm CO-ED All Ages	3:25-7:00 pm <b>POOL CLOSED FOR CLASSES</b>	3:25-6:00 pm <b>POOL CLOSED FOR CLASSES</b>	3:25-7:00 pm <b>POOL CLOSED FOR CLASSES</b>	3:25-6:00 pm <b>POOL CLOSED FOR CLASSES</b>		5:00 - 9:30 pm CO-ED All Ages
	7:00 - 7:50 pm 2 LAP LANES/1 FREE AREA	6:00 - 7:50 pm 2 LAP LANES/1 FREE AREA	7:00 - 7:50 pm 2 LAP LANES/1 FREE AREA	6:00 - 7:50 pm 2 LAP LANES/1 FREE AREA	2:15-3:25 pm CO-ED All Ages	
	8:00- 9:45 pm <b>MEN ONLY</b>	8:00 - 9:45 pm <b>WOMEN ONLY</b>	8:00 - 9:45 pm <b>MEN ONLY</b>	8:00- 9:45 pm <b>WOMEN ONLY</b>	3:25 -6:00 pm <b>POOL CLOSED FOR CLASSES</b>	9:30 -10:30 pm <b>WOMEN ONLY</b>

- Pool Notes:**
- Classes will be going on concurrently with open swim times.
  - Swim Caps must be worn by everyone 5 years and older.
  - 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.
  - Sauna and steam room will close when the pool closes for the evening
  - A schedule of classes is available at the Health & Wellness Center control Desk on the Lower Level.
  - NO outside shoes permitted on the pool deck
  - **Commonpoint Queens Health & Wellness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.**