



POOL SCHEDULE July 16th, 2024 - August 9th, 2024

SCHEDULE SUBJECT TO CHANGE

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

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.**