

POOL SCHEDULE

August 2019 - June 2020

Commonpoint Queens
Community Happens Here
 67-09 108th Street, Forest Hills NY, 11375
 (718)268-5011, www.commonpointqueens.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:50 am <i>Men & Boys ONLY</i>	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY
9:00 - 10:30 am Co-ed Adult (18+)	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women & Girls ONLY</i>	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women & Girls ONLY</i>	8:00 - 11:50 am Co-ed All Ages
10:35 - 11:50 am <i>Women & Girls ONLY</i>		10:35 am - 12:50 pm Co-ed All Ages		10:35 am - 12:50 pm Co-ed All Ages	12:00-12:50 pm <i>Women & Girls ONLY</i>
12:00 - 3:00 pm POOL CLOSED for Classes	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	1:00 - 2:30 pm <i>Men & Boys ONLY</i>	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	1:00 - 2:30 pm <i>Men & Boys ONLY</i>	1:00 - 2:30 pm <i>Men & Boys ONLY</i>
3:00 - 4:50 pm Co-ed All Ages Family Swim NO LAP LANES	6:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	2:35 - 3:50 pm Co-ed All Ages	6:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	2:35 - 3:50 pm Co-ed All Ages	2:35- 4:45 pm 2 Lanes Co-ed All Ages 2 Lanes Swim Classes
5:05 - 5:55 pm <i>Women & Girls ONLY</i>		3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes		3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	
6:00 - 6:50 pm <i>Men & Boys ONLY</i>		6:00 - 7:40 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team		6:00 - 7:40 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	
7:00 - 9:45 pm POOL CLOSED for Swim Team/Classes	8:00 - 8:40 pm Co-ed All Ages	7:45 - 8:45 pm <i>Women & Girls ONLY</i>	8:00 - 8:40 pm Co-ed All Ages	7:45 - 8:45 pm <i>Women & Girls ONLY</i>	POOL CLOSES at 4:45 pm
	8:45 - 9:45 pm <i>Men & Boys ONLY</i>	8:50 - 9:45 pm Co-ed Adult (18+)	8:45 - 9:45 pm <i>Men & Boys ONLY</i>	8:50 - 9:45 pm Co-ed Adult (18+)	

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.
- "Co-ed Adult" means members 18 years and up, only! (except for private swimming lessons)
- The fast lane may be closed when the free area is crowded and/or when classes meet and/or there are birthday parties.
- Tuesday & Thursday 7:00 - 7:20 will be Co-ed All Ages.
- 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.**

GUEST PASSES

After 6:00 pm on weekdays and all Sundays, Commonpoint Queens reserves the right to limit the number of guest passes it issues for use of the Health & Wellness Center to accommodate its members during these peak hours of usage.

CHILDREN (up to 12 years) : \$10	TEENS (13 - 18 years): \$15	ADULTS (19 YEARS & UP): \$20
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STEAM ROOM HOURS - WOMEN ONLY

TUES. /THURS. 9:00 - 10:25 am	SUNDAYS 11:15 -11:45 am 5:20 - 5:50 pm
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SAUNA HOURS - MEN ONLY

FRIDAYS 1:30 - 2:25 pm	SUNDAY 6:45 - 7:15 pm
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