



# POOL SCHEDULE Jan 3, 2023 - March 12, 2023

\*SCHEDULE SUBJECT TO CHANGE\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	POOL NOTES:
8:00 - 9:50 am <b>MEN ONLY</b>	6:15 - 8:50 am <b>CO-ED All Ages</b>	6:15am- 12:50pm <b>CO-ED All Ages</b>	6:15 - 8:50 am <b>CO- ED All Ages</b>	6:15am- 12:50pm <b>CO-ED All Ages</b>	6:15 - 11:50am <b>CO-ED All Ages</b>	8:00 am-10:00 am <b>CO-ED All Ages</b>	<ul style="list-style-type: none"> <li>Classes will be going on concurrently with open swim times.</li> <li>Swim Caps <u>must</u> be worn by everyone 5 years and older.</li> <li>Everyone must shower in the locker room before entering the pool.</li> <li>Lifeguard's instructions must be heeded.</li> <li>Children under 8 years of age must be accompanied by an adult in the water.</li> <li>Sauna and steam room will close when the pool closes for the evening</li> <li>A schedule of classes is available at the Health &amp; Wellness Center control Desk on the Lower Level.</li> <li>NO outside shoes permitted on the pool deck</li> <li><b>Commonpoint Queens Health &amp; Wellness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.</b></li> </ul>
10:00 - 11:50 am <b>WOMEN &amp; GIRLS ONLY</b>	9:00 am- 11:00 am <b>WOMEN ONLY</b>	1:00 pm-2:30 pm <b>MEN &amp; BOYS ONLY</b>	9:00 - 11:00 am <b>WOMEN &amp; GIRLS ONLY</b>	1:00 pm-2:30 pm <b>MEN &amp; BOYS ONLY</b>	12:00 - 12:50 PM <b>WOMEN &amp; GIRLS ONLY</b>	10:00 am-4:00 pm <b>POOL CLOSED FOR CLASSES &amp; SWIM TEAM</b>	
12:00 - 4:00 pm <b>POOL CLOSED FOR CLASSES</b>	11:00 am-3:15 pm <b>CO-Ed All Ages</b>	2:30-3:15 pm <b>CO-ED All Ages</b>	11: 00 am - 3:15 pm <b>CO-ED All Ages</b>	2:30-3:15 pm <b>CO-ED All Ages</b>	1:00-2:00pm <b>MEN/BOYS ONLY</b> 2:00-3:15 pm <b>CO-ED All Ages</b>	4:00 pm-6:45 pm <b>Co- Ed All Ages</b>	
4:00 - 6:00 pm <b>Family Swim Only</b>	3:15-7:00 pm <b>POOL CLOSED FOR CLASSES &amp; SWIM TEAM</b>	3:25-6:00pm <b>POOL CLOSED FOR CLASSES &amp; SWIM TEAM</b>	3:25-7:00pm <b>POOL CLOSED FOR CLASSES &amp; SWIM TEAM</b>	3:25-6:00pm <b>POOL CLOSED FOR CLASSES &amp; SWIM TEAM</b>	3:25 pm-5:00 pm <b>POOL CLOSED FOR CLASSES &amp; SWIM TEAM</b>	7:00pm-8:30 pm <b>WOMEN &amp; GIRLS ONLY</b>	
6:00 - 6:45 pm <b>CO-ED All Ages</b>	7:00 - 8:00 pm <b>CO-ED All Ages</b>	6:00 - 7:00 pm <b>CO-ED ALL AGES</b>	7:00 - 8:00 pm <b>CO-ED All Ages</b>	6:00 - 7:00 pm <b>CO-ED ALL AGES</b>		8:35 pm - 9:45 pm <b>MEN &amp; BOYS ONLY</b>	
	8:00 - 9:45 pm <b>MEN &amp; BOYS ONLY</b>	7:00- 8:45pm <b>WOMEN ONLY</b>	8:00 - 9:45 pm <b>MEN &amp; BOYS ONLY</b>	7:00 - 8:45 pm <b>WOMEN ONLY</b>			