



POOL SCHEDULE September 2 - December 22, 2023

SCHEDULE SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Pool Notes:
8:00 - 9:50 am MEN ONLY	6:15 - 8:50 am <i>CO-ED All Ages</i>	6:15am- 12:50pm <i>CO-ED All Ages</i>	6:15 - 8:50 am <i>CO- ED All Ages</i>	6:15am- 12:50pm <i>CO-ED All Ages</i>	6:15 - 11:50am <i>CO-ED All Ages</i>	8:00 am-10:00 am <i>CO-ED All Ages</i>	<ul style="list-style-type: none"> Classes will be going on concurrently with open swim times. Swim Caps <u>must</u> 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.
10:00 - 11:50 am WOMEN & GIRLS ONLY	9:00 am- 11:00 am WOMEN ONLY	1:00 pm-2:30 pm MEN & BOYS ONLY	9:00 - 11:00 am WOMEN & GIRLS ONLY	1:00 pm-2:30 pm MEN & BOYS ONLY	12:00 - 12:50 PM WOMEN & GIRLS ONLY	10:00 am-4:00 pm POOL CLOSED FOR CLASSES & SWIM TEAM	
12:00 - 4:00 pm POOL CLOSED FOR CLASSES	11:00 am-3:15 pm <i>CO-Ed All Ages</i>	2:30-3:15 pm <i>CO-ED All Ages</i>	11: 00 am - 3:15 pm <i>CO-ED All Ages</i>	2:30-3:15 pm <i>CO-ED All Ages</i>	1:00- 2:00pm MEN/BOYS ONLY	4:00 pm-8:15 pm <i>Co- Ed All Ages</i>	
4:00 - 6:45 pm Family Swim Only No Lap Lanes	3:15-7:00 pm POOL CLOSED FOR CLASSES & SWIM TEAM	3:25-6:00pm POOL CLOSED FOR CLASSES & SWIM TEAM	3:25-7:00pm POOL CLOSED FOR CLASSES & SWIM TEAM	3:25-6:00pm POOL CLOSED FOR CLASSES & SWIM TEAM	2:00-3:15 pm <i>CO-ED All Ages</i>	8:15pm-9:25 pm WOMEN & GIRLS ONLY	
	7:00 - 8:00 pm 2 LAP LANES/ 1 FREE AREA	6:00 - 7:00 pm 2 LAP LANES/ 1 FREE AREA	7:00 - 8:00 pm 2 LAP LANES/ 1 FREE AREA	6:00 - 7:00 pm 2 LAP LANES/ 1 FREE AREA	3:25 pm-5:00 pm POOL CLOSED FOR CLASSES & SWIM TEAM	9:30 pm - 10:25 pm MEN & BOYS ONLY	
	8:00 - 9:45 pm MEN & BOYS ONLY	7:00- 8:45pm WOMEN ONLY	8:00 - 9:45 pm MEN & BOYS ONLY	7:00 - 8:45 pm WOMEN ONLY			