



POOL SCHEDULE December 29, 2023 - March 10, 2024

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 CO-ED All Ages	6:15am- 12:50pm CO-ED All Ages	6:15 - 8:50 am CO- ED All Ages	6:15am- 12:50pm CO-ED All Ages	6:15 - 11:50am CO-ED All Ages	8:00 am-10:00 am CO-ED All Ages	<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 eveningA schedule of classes is available at the Health & Wellness Center control Desk on the Lower Level.NO outside shoes permitted on the pool deckCommonpoint Queens Health & Wellness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.***** PLEASE NOTE THAT MENS ONLY TIME WILL TAKE PLACE FROM 1-1:55 ON THE FOLLOWING DATES <div>-12/26/23-12/28/23</div><div>-1/2/24-1/4/24</div>
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 CO-Ed All Ages	2:30-3:15 pm CO-ED All Ages	11: 00 am - 3:15 pm CO-ED All Ages	2:30-3:15 pm CO-ED All Ages	1:00- 2:00pm MEN/BOYS ONLY	4:00 pm-6:55 pm Co- Ed All Ages	
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 CO-ED All Ages	7:00 pm-8:25 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	8:30 pm - 10:00 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			