

**POOL SCHEDULE June 30, 2025 - August 31, 2025**

SCHEDULE SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<u>Pool Notes:</u>
8:00 - 9:50 am MEN ONLY	6:15 - 7:30 am <i>CO-ED All Ages</i>	6:15 - 8:55 am <i>CO-ED All Ages</i>	6:15 - 7:30 am <i>CO-ED All Ages</i>	6:15 - 7:35 am <i>CO-ED All Ages</i>	6:15 - 8:55 am <i>CO-ED All Ages</i>	8:00 -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 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-12:00 pm POOL CLOSED FOR DAY CAMP	9:00 am-12:00 pm POOL CLOSED FOR DAY CAMP	9:00 am-12:00 pm POOL CLOSED FOR DAY CAMP	9:00 am-12:00 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 <i>Family Swim Only No Lap Lanes</i>	12:00-1:00 pm 2 LAP LANES ONLY	12:00-1:00 pm 2 LAP LANES ONLY	12:00-1:00 pm FAMILY SWIM	12:00-1:30 pm 2 LAP LANES ONLY	12:10 - 12:50 pm WOMEN ONLY	4:00-5:00 pm <i>Half Pool Family Swim Only No Lap Lanes Half Pool Classes</i>	
	1:00-3:25 pm 2 LAP LANES/1 FREE AREA	1:00-3:25 pm 2 LAP LANES/1 FREE AREA	1:00-3:25 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		
6:45 - 8:00 pm <i>CO-ED All Ages</i>	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 - 9:50 pm <i>CO-ED All Ages</i>	
	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 <i>CO-ED All Ages</i>		
	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 POOL CLOSED FOR CLASSES	10:00 -11:00 pm WOMEN ONLY	