

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

\*SCHEDULE SUBJECT TO CHANGE\*

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

**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.
- 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.**