



POOL SCHEDULE Sept. 8th, 2025 - Dec. 31, 2025

\*SCHEDULE SUBJECT TO CHANGE\*

| SUNDAY                                                     | MONDAY                                        | TUESDAY                                       | WEDNESDAY                                     | THURSDAY                                      | FRIDAY                                     | SATURDAY                                                    |
|------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|--------------------------------------------|-------------------------------------------------------------|
| 8:00 - 9:50 am<br><br>MEN ONLY                             | 6:15 - 8:50 am<br><br>CO-ED All Ages          | 6:15am- 10:00am<br><br>CO-ED All Ages         | 6:15 - 8:50 am<br><br>CO- ED All Ages         | 6:15am- 10:30am<br><br>CO-ED All Ages         | 6:15 - 11:50am<br><br>CO-ED All Ages       | 7:00 am-9:00 am<br><br>CO-ED All Ages                       |
|                                                            |                                               | 10:00 - 12:15pm<br><br>2 LAP LANES ONLY       |                                               | 10:30 - 11:30 am<br><br>2 LAP LANES ONLY      |                                            |                                                             |
|                                                            | 9:00 am- 11:00 am<br><br>WOMEN ONLY           | 12:15 - 1:00pm<br><br>CO-ED All Ages          | 9:00 - 11:00 am<br><br>WOMEN & GIRLS ONLY     | 11:30am- 12:50pm<br><br>CO-ED All Ages        | 12:00 - 12:50 PM<br><br>WOMEN & GIRLS ONLY |                                                             |
| 10:00 - 11:50 am<br><br>WOMEN & GIRLS ONLY                 |                                               | 1:00 pm-2:30 pm<br><br>MEN & BOYS ONLY        |                                               | 1:00 pm-2:30 pm<br><br>MEN & BOYS ONLY        | 1:00- 2:00pm<br><br>MEN/BOYS ONLY          | 9:00 am-4:00 pm<br><br>POOL CLOSED FOR CLASSES              |
| 12:00 - 4:00 pm<br><br>POOL CLOSED FOR CLASSES             | 11:00 am-3:15 pm<br><br>CO-Ed All Ages        | 2:30-3:15 pm<br><br>CO-ED All Ages            | 11: 00 am - 3:15 pm<br><br>CO-ED All Ages     | 2:30-3:15 pm<br><br>CO-ED All Ages            | 2:00-3:15 pm<br><br>CO-ED All Ages         | 4:00 pm-6:55 pm<br><br>Family Swim Only<br><br>No Lap Lanes |
| 4:00 - 6:45 pm<br><br>Family Swim Only<br><br>No Lap Lanes | 3:15-7:00 pm<br><br>POOL CLOSED FOR CLASSES   | 3:25-6:00pm<br><br>POOL CLOSED FOR CLASSES    | 3:25-7:00pm<br><br>POOL CLOSED FOR CLASSES    | 3:25-6:00pm<br><br>POOL CLOSED FOR CLASSES    | 3:15 pm<br>POOL CLOSED FOR CLASSES         | 7:00-7:55 pm<br><br>CO-ED All Ages                          |
|                                                            | 7:00 - 8:00 pm<br><br>2 LAP LANES/1 FREE AREA | 6:00 - 7:30 pm<br><br>2 LAP LANES/1 FREE AREA | 7:00 - 8:00 pm<br><br>2 LAP LANES/1 FREE AREA | 6:00 - 7:30 pm<br><br>2 LAP LANES/1 FREE AREA |                                            | 8:05 pm-9:25 pm<br><br>WOMEN & GIRLS ONLY                   |
|                                                            | 8:00 - 9:45 pm<br><br>MEN & BOYS ONLY         | 7:30- 9:45pm<br><br>WOMEN ONLY                | 8:00 - 9:45 pm<br><br>MEN & BOYS ONLY         | 7:30 - 9:45 pm<br><br>WOMEN ONLY              |                                            | 9:30 pm - 10:55 pm<br><br>MEN & BOYS ONLY                   |

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.