

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

**POOL SCHEDULE**  
**April 24th, 2026 - June 29th, 2026**  
 \*SCHEDULE SUBJECT TO CHANGE\*

**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 Desk on the Lower Level.
- NO outside shoes permitted on the pool deck
- **Commonpoint Health & Wellness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.**


 Commonpoint Community Happens Here  
 108th Street, Forest Hills NY, 11375  
 (718)268-5011  
[www.commonpointq.org](http://www.commonpointq.org)