



POOL SCHEDULE June 29, 2026 - September 3, 2026

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 - 7:30 am <i>CO-ED All Ages</i>	6:15 - 7:30 am <i>CO-ED All Ages</i>	6:15 - 7:30 am <i>CO-ED All Ages</i>	6:15 - 8:55 am <i>CO-ED All Ages</i>	7:00 -10:00 am <i>CO-ED All Ages</i>	- 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. <u>FREE AREA</u> is a dedicated, roped off section not intended for lap swim.	
10:00 - 11:50 am WOMEN ONLY	7:35 - 8:55 am WOMEN ONLY	7:35 - 8:55 am MEN ONLY	7:35 - 8:55 am WOMEN ONLY	7:35 - 8:55 am MEN ONLY				
12:00 - 4:00 pm POOL CLOSED FOR CLASSES	9:00 am-12:15 pm POOL CLOSED FOR DAY CAMP	9:00 am-12:15 pm POOL CLOSED FOR DAY CAMP	9:00 am-12:15 pm POOL CLOSED FOR DAY CAMP	9:00 am-12:15 pm POOL CLOSED FOR DAY CAMP	9:00 am-12:15 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>	12:15-1:00 pm 2 LAP LANES / FREE AREA	12:15-1:00 pm 2 LAP LANES / FREE AREA	12:15-1:00 pm FAMILY SWIM NO LAP LANES	12:15-3:25 pm 2 LAP LANES / FREE AREA	12:20 - 1:15 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 ONLY	1:00-1:45 pm 2 LAP LANES ONLY	1:00-1:45 pm 2 LAP LANES ONLY					
		1:45-3:25 pm 2 LAP LANES / FREE AREA	1:45-3:25 pm 2 LAP LANES / FREE AREA			1:20 - 2:15 pm MEN ONLY		5:00 - 9:50 pm <i>CO-ED All Ages</i>
POOL CLOSED FOR CLASSES	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				
	7:00 - 7:50 pm 2 LAP LANES / FREE AREA	6:00 - 7:50 pm 2 LAP LANES / FREE AREA	7:00 - 7:50 pm 2 LAP LANES / FREE AREA	6:00 - 7:50 pm 2 LAP LANES / FREE AREA	2:15-3:25 pm 2 LAP LANES / FREE AREA			
	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	10:00-10:55 pm WOMEN ONLY		