

**NO DIVING**  
**NO JUMPING**

**Metropolitan Pool & Fitness  
Schedule  
October 20, 2008 – June 2009  
Subject to Change**

**Schedule changes will be  
posted at the front desk &  
on the voice mail daily with  
announcements.  
718.599.5707 press 5**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	7:00 – 9:30 am Adult Co-ed Lap Swim	7:00 – 11:00 am Adult Co-ed Lap Swim	7:00 - 9:30 am Adult Co-ed Lap Swim	7:00 – 11:00 am Adult Co-ed Lap Swim	7:00 – 9:30 am Adult Co-ed Lap Swim	7:00 – 8:30 am Adult Co-Ed Lap Swim  8:30 – 2:00pm Learn to Swim
10:00-12:30pm Adult Co-ed Lap Swim	9:30 – 11:00 am Women Only Swim	↓	9:30 – 11:00 am Women Only Swim	↓	9:30 – 11:00 am Women Only Swim	↓
1:30–3:15pm Family Swim 12 & under Must be with a parent or adult guardian Teen Swim	11:00-1:30 pm NYC Board Of Ed	11:00-1:30 pm NYC Board Of Ed	11:00-1:30 pm NYC Board Of Ed	11:00-1:30 pm NYC Board Of Ed	11:00-1:30 pm NYC Board Of Ed	↓  2: 00 -3 :30pm Family Swim 12 & under Must be with an adult/Teen Swim
↓	1:30-3:15 pm Adult Co-ed Lap Swim	1:30-3:15 pm Adult Co-ed Lap Swim	1:30-3:15 pm Adult Co-ed Lap Swim	1:30-3:15 pm Adult Co-ed Lap Swim	2:00 – 3:30 pm Pool Cleaning	↓
3:15-5:15pm Ladies Only Family Swim-12 & under MUST be with a parent adult guardian	↓	3:30 – 5:30pm Family Swim 12 & under Must be with a parent/ adult guardian Teen Swim	↓	3:30 – 5:30pm Family Swim 12 & under Must be with a parent/ adult guardian Teen Swim	3:30 – 5:30pm Family Swim 12 & under Must be with a parent/ adult guardian Teen Swim	↓
	4:00 – 6:00pm Learn to Swim	↓	4:00 – 6:00pm Learn to Swim	↓	↓	4:00 – 5:30 pm Adult Co-ed Lap Swim
	6:30 – 9:30 pm Adult Co-ed Lap Swim	6:00 – 9:30 pm Adult Co-ed Lap Swim	6:30 – 9:30 pm Adult Co-ed Lap Swim	6:00 – 9:30 pm Adult Co-ed Lap Swim	6:00 – 9:30 pm Adult Co-ed Lap Swim	

**ALL MEMBERS MUST WEAR A BATHING CAP  
CHILDREN MAY NOT USE A FLOATATION DEVICE UNLESS IT IS BUILT INTO THE  
BATHING SUIT  
45 MAXIMUM CAPACITY WHEN 1 LIFEGUARD IS ON DUTY  
READ THE BACK FOR ADDITIONAL IMPORTANT INFORMATION & RULES**