FALL INTERIM POOL SCHEDULE

// UPPER EAST SIDE CAMPUS
// NOVEMBER 9 - DECEMBER 20

LAP SWIM (OLYMPIC POOL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 7am **3 x 25 yards**	5:30am - 7:30am **3 x 50 meters**	5:30am - 12pm **7 x 25 yards**	5:30am - 7:30am **3 x 50 meters**	5:30am - 12pm **7 x 25 yards**	8am - 9:20am **3 x 50 meters**	8am - 9:50am **3 x 50 meters**
7am - 12pm **7 x 25 yards**	7:30am - 8:15am **NO LANES AVAILABLE**		7:30am - 8:15am **NO LANES AVAILABLE**		9:20am - 10am **NO LANES AVAILABLE**	9:50am - 10:30am **NO LANES AVAILABLE**
	8:15am - 12pm **7 x 25 yards**		8:15am - 12pm **7 x 25 yards**		10am - 5pm **3 x 25 yards**	10:30am - 3pm **3 x 25 yards**
12pm - 1pm **2 x 25 yards**	12pm - 1pm **2 x 25 yards**	12pm - 1pm **2 x 25 yards**	12pm - 1pm **2 x 25 yards**	12pm - 1pm **2 x 25 yards**		
1pm - 3pm **7 x 25 yards**	1pm - 3pm **7 x 25 yards**	1pm - 4pm **7 x 25 yards**	1pm - 2:30pm **7 x 25 yards**	1pm - 2:30pm **7 x 25 yards**		
3pm - 3:30pm **5 x 25 yards**	3pm - 3:30pm **5 x 25 yards**		2:30pm - 3pm **13 x 25 yards**	2:30pm - 3:30pm **12 x 25 yards**		
3:30pm - 4pm **4 x 25 yards**	3:30pm - 5:30pm **NO LANES AVAILABLE**		3pm - 3:30pm **11 x 25 yards**	3:30pm - 4pm **7 x 25 yards**		3pm - 4pm **6 x 25 yards**
4pm - 6pm **NO LANES AVAILABLE**		4pm - 6pm **NO LANES AVAILABLE**	3:30pm - 4pm **5 x 25 yards**	4pm - 5:30pm **NO LANES AVAILABLE**	5pm - 5:30pm **NO LANES AVAILABLE**	4pm - 8pm **7 x 25 yards**
	5:30pm - 8pm **3 x 25 yards**		4pm - 6pm **NO LANES AVAILABLE**	5:30pm - 8:30pm **3 x 25 yards**	5:30pm - 8pm **7 x 25 yards**	
6pm - 8:30pm **3 x 25 yards**		6pm - 8:30pm **3 x 25 yards**	6pm - 8pm **3 x 25 yards**			
	8pm - 8:30pm **2 x 25 yards**		8pm - 8:30pm **2 x 25 yards**			
8:30pm - 10pm **7 x 25 yards**	8:30pm - 10pm **6 x 25 yards**	8:30pm - 10pm **7 x 25 yards**	8:30pm - 10pm **6 x 25 yards**	8:30pm - 10pm **7 x 25 yards**		

LANE AVAILABILITY KEY:

7 or more lanes available
3 or more (50 meter) lanes available
2-6 lanes available
No lanes available

LANE SWIMMING TIPS:

- One lane in the Olympic pool can safely and comfortably accomodate 6-8 swimmers.
- Practice circle swimming by swimming on the right side of the lane at all times.
- For safety, we recommend waiting until you reach the wall to pass swimmers.
- Always enter the pool feet first - no diving.
- If you would like to know the exact number of lanes available for your swim time, please call (212) 369-8890 x2245.