Shorefront YM-YWHA
Effective May 6th, 2013

Pool & Sauna Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Coed Open Swim 8:00AM-5:00PM Swim Academy (2 Lanes) 9:30AM-2:30PM	Coed Open Swim 7:00AM-12:00PM Water Aerobics (2 Lanes) 8:45AM-9:30AM	Coed Open Swim 7:00AM-12:00PM	Coed Open Swim 7:00AM-12:00PM Water Aerobics (2 Lanes) 8:45AM-9:30AM	Coed Open Swim 7:00AM-12:00PM	Coed Open Swim 7:00AM-12:00PM
	Ladies Only Swim 12:00PM-1:30PM	Ladies Only Swim 12:00PM-1:30PM	Ladies Only Swim 12:00PM-1:30PM	Ladies Only Swim 12:00PM-1:30PM	Ladies Only Swim 12:00PM-1:30PM
	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3:15PM	Coed Open Swim 1:30PM-3:15PM
	Swim Academy & Swim Team (Exclusively) 3:15PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:15PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:15PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:15PM-7:30PM	Swim Academy & Swim Team (Exclusively) 3:15PM-CLOSE
	Coed Open Swim 7:30PM-9:00PM	Coed Open Swim 7:30PM-9:00PM	Coed Open Swim 7:30PM-9:00PM	Coed Open Swim 7:30PM-9:00PM	
	Coed Lap Swim (Ages 16+) 9:00PM-10:00PM	Coed Lap Swim (Ages 16+) 9:00PM-10:00PM	Coed Lap Swim (Ages 16+) 9:00PM-10:00PM	Coed Lap Swim (Ages 16+) 9:00PM-10:00PM	

BRIDGE Swim Program on Sundays 3:00PM-4:00PM (1 Lane)

Sauna is available during member hours only. Swim caps are required in the pool at all times.
Men must leave the pool area 5 minutes prior to ladies hours.
Children under the age of 12 must be accompanied by an adult at all times.

718.646.1444 3300 Coney Island Ave. Brooklyn, NY 11235 www.shorefronty.org

Shorefront YM-YWHA
Effective May 6th, 2013

Fitness Room Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Open Coed 8:00AM-5:00PM	Open Coed 7:00AM-12:00PM	Open Coed 7:00AM-12:00PM	Open Coed 7:00AM-12:00PM	Open Coed 7:00AM-12:00PM	Open Coed 7:00AM-12:00PM
	Ladies Only 12:00PM-1:30PM	Ladies Only 12:00PM-1:30PM	Ladies Only 12:00PM-1:30PM	Ladies Only 12:00PM-1:30PM	Ladies Only 12:00PM-1:30PM
	Open Coed 1:45PM-9:00PM	Open Coed 1:45PM-9:00PM	Open Coed 1:45PM-9:00PM	Open Coed 1:45PM-9:00PM	Open Coed 1:45PM-4:00PM
	Adult Coed (Ages 16+) 9:00PM-10:00PM	Adult Coed (Ages 16+) 9:00PM-10:00PM	Adult Coed (Ages 16+) 9:00PM-10:00PM	Adult Coed (Ages 16+) 9:00PM-10:00PM	

Men must leave the fitness room 5 minutes prior to ladies hours.
Teens must be at least 16 to use the Fitness Center independently.
Children in the age of 12 and under are not allowed in the fitness center.
Members between the ages of 13-15 may use the fitness center if accompanied by an adult
And only until 9pm during the week.

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