



Great Neck Recreation Center - Swimming Pool						Mar-24
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:15am	6:00am-8:30am	6:00-7:15am	6:00-9:00am	6:00-7:15am	9:00-2:00pm	11:00-2:00pm
Laps (7)	Laps (5)	Laps (7)	Laps (5)	Laps (7)	Laps (5)	Laps (5)
Exercise (1 lane)	Exercise	Exercise (1 lane)	Exercise	Exercise (1 lane)	Lap Lanes Only	Lap Lanes Only
7:15-8:15am	8:30am-9:30am	7:15-8:15am	8:30am-9:30am	7:15-8:15am	Lifeguard Class 3/16 & 3/23	Lifeguard Class 3/17 & 3/24
Adult Swim Workout	Laps (4)	Adult Swim Workout	Laps (4)	Adult Swim Workout	2:00-5:00pm	2:00-5:00pm
NO LAPS AVAILABLE	Fitness-deep	NO LAPS AVAILABLE	Fitness-shallow	NO LAPS AVAILABLE	Laps (4)	Laps (4)
8:15am-1:00pm	9:30am-11:00am	8:15am-1:00pm	9:30am-11:00am	8:15-10:00am	Diving Board Open	Diving Board Open
Laps (4)	Laps (4)	Laps (4)	Laps (4)	Laps (4)		
Exercise	Exercise	Exercise	Exercise	Exercise	Notes:	Notes:
1:00-5:30pm	11:00am-12:30pm	1:00-5:30pm	11:00am-12:30pm	10:00am-4:30pm	<p>There will be limited Open/Exercise Swim space on Friday, March 15th, Saturday, March 16th & 23rd, and Sunday, March 17th & 24th due to the Lifeguard Class. Deep end and diving board will not be available during those times.</p>	<p>We Need Swim Instructors! Take a Class and Apply.</p> 
Laps (4)	Laps (4)	Laps (4)	Laps (4)	Laps (4)		
Open	Exercise	Open	Exercise	Open		<p>Water Polo League Practices are on Mondays & Wednesdays from 6:00-8:00pm, Pool will only have 2-25 yd lap lanes available, Deep End and Diving Board Unavailable during this time.</p> 
5:30-8:30pm	Lessons	5:30-8:30pm	Lessons	4:30-7:30pm		
Laps(2-25 yd Lanes)	12:30-5:00pm	Laps(2-25 yd Lanes)	12:30-5:00pm	Laps (4)		
Water Polo Practice	Laps (4)	Water Polo Practice	Laps (4)	Lap Lanes Only		
Open-shallow only	Open	Open-shallow only	Open	Lifeguard Class 3/15 Only		
Laps (1-2)	5:00-7:30pm	Laps (1-2)	5:00-7:30pm	7:30-8:00pm		
Water Polo Practice Begins 3/4	Laps (2-3)	8:30-9:00pm	Laps (2-3)	Laps (4)		
	Lessons	Laps (4)	Lessons	Open		
8:30-9:00pm	7:30-9:00pm		7:30-9:00pm			
Laps (4)	Laps (4)		Laps (4)			
Open	Open		Open			

Laps:	Members must be deep water safe and able to swim at least two lengths to participate. Lanes are categorized according to speed; please swim in the lane best suited to your ability and the ability of others. The circle swim lap pattern must be followed. First come, first serve. () indicates number of available lanes. Subject to change.
Exercise:	Members are encouraged to perform self-directed exercises. Water Exercise may occur in the shallow or deep end of the pool unless otherwise noted. Participants should be deep water safe.
Open:	Open Swim affords families time to enjoy swimming together. Children ages 8 and under must be accompanied in the water by a parent or guardian 16 years or older who remains in close proximity. Speak with an Aquatic Team Member regarding exceptions for youth ages 10-11. Diving is limited to the deep end. Patrons must be able to swim without assistance or use of flotation devices when using deep water. Use of the diving board takes precedence over open swim or water exercise in the deep end.
Lessons:	Group Swim Lessons. Registration is required for participation. Click for more details.
Adult Swim Workout:	Master the skills of swimming with an experienced, trained coach. Whether your goal is to get fit or train for a triathlon, these structured workouts will help you with stroke improvement and training techniques on a variety of strokes. This is for the avid lap swimmer who can swim 100m freestyle continuously.
Lifeguard Training:	Participants must be 15 years old & pass Eligibility Swim. Want more Information about Lifeguard Training classes? Click here!