



Coney Island
June 25th - July 1st

29th St. & Surf Ave.
Brooklyn, NY 11224
7182156900

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
6am	Adult Lap Swim - Coney Lap Pool 6am - 9:20am	Adult Lap Swim - Coney Lap Pool 6am - 2:55pm	Adult Lap Swim - Coney Lap Pool 6am - 2:55pm	Adult Lap Swim - Coney Lap Pool 6am - 2:55pm			Adult Lap Swim - Coney Lap Pool 6am - 2:55pm
	Adult Free Swim - Coney Family pool 6am - 9:20am	Adult Free Swim - Coney Family pool 6am - 8:55am	Adult Free Swim - Coney Family pool 6am - 2:55pm	Adult Free Swim - Coney Family pool 6am - 9:55am			Toddler Time (front half) Gymnasium 6am - 11:15am
8am							Adult Free Swim - Coney Family pool 6am - 9:55am
							Handball (back half) Gymnasium 6am - 8am
					Private Swim Lessons Family pool Swim Instructor 8am - 10:30am	Private Swim Lessons Family pool Swim Instructor 8am - 9:55am	
					Adult Free Swim - Coney Family pool 8am - 10:30am	Adult Free Swim - Coney Family pool 8am - 9:55am	
						Adult Lap Swim - Coney Lap Pool 8am - 8:55am	
9am	Pre-Yoga Meditation Murray Studio Jackie B 9am - 9:30am	Water Aerobics (AOA) - Coney Family pool Buffy D. 9am - 9:45am	HIIT Spin Studio Jason . 9:50am - 10:50am	Indoor Cycling Spin Studio Gwen . 9:30am - 10:20am	Yoga - Vinyasa Flow Murray Studio Sam . 9am - 10:50am	Adult Lap Swim 3 lanes - Coney Lap Pool 9am - 10am	Water Aerobics (AOA) - Coney Family pool Jason . 9:30am - 10:15am
	Yoga - Vinyasa Flow Murray Studio Jackie B 9:30am - 10:50am	Adult Free Swim - Coney Family pool 9:55am - 2:25pm					Indoor Cycling Spin Studio Marina . 9:30am - 10:20am
	Adult Lap Swim 2 lanes - Coney Lap Pool 9:30am - 11:05am						
10am	Total Body Conditioning Spin Studio Kevin . 10am - 10:50am	HIIT for Seniors Spin Studio Jason . 10am - 10:50am	STRONG by Zumba® Murray Studio Liz . 10am - 10:50am	Water Aerobics (AOA) - Coney Family pool Jason . 10am - 10:45am	Family Free Swim - Coney Family pool 10:35am - 11:30am	Adult Lap Swim - Coney Lap Pool 10am - 11:30am	Total Body Conditioning Spin Studio Marina . 10:30am - 11:20am
				Circuit Training Spin Studio Gwen . 10:30am - 11:20am		AOA Tai Chi Spin Studio Stella B 10am - 10:50am	

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11am		Cardio Kickboxing Murray Studio Nikki . 11am - 11:50am	AOA Tai Chi Spin Studio Stella B 11am - 12:05pm	Deep Definitions Murray Studio Kevin . 11:30am - 12:20pm	Indoor Cycling Spin Studio Robin . 11am - 11:50am	Total Body Conditioning Murray Studio Liz . 11am - 11:50am	Adult Organized Basketball (back half) Gymnasium 11:15am - 1pm
			Pilates Mat Murray Studio Nikki . 11:15am - 12:05pm		Family Free Swim - Coney Family pool 11:35am - 12:30pm	AOA Tai Chi Level 2 Spin Studio Stella B 11am - 11:50pm	Pilates Mat Murray Studio Nikki . 11:30am - 12:20pm
						Youth/Teen & Adult Lap Swim - Coney Lap Pool 11:30am - 5pm	
12pm	Adult Free Swim - Coney Family pool 12:05pm - 12:25pm	Stretching Murray Studio Nikki . 12pm - 12:50pm	Silver Sneakers Yoga Murray Studio Nikki . 12:15pm - 1:05pm		Core Training Murray Studio Robin . 12pm - 12:50pm	Zumba Murray Studio Liz . 12pm - 12:50pm	Silver Sneakers Classic Murray Studio Nikki . 12:30pm - 1:20pm
	Aqua Yoga (AOA) Family pool Jackie B 12:30pm - 1:15pm				Youth/Teen & Adult Lap Swim - Coney Lap Pool 12pm - 5pm		
					Family Free Swim - Coney Family pool 12:35pm - 1:30pm		
1pm	Silver Sneakers Circuit Murray Studio Nikki . 1:15pm - 2pm	Silver Sneakers Classic Murray Studio Nikki . 1pm - 1:50pm		Silver Sneakers Classic Murray Studio Nikki . 1:15pm - 2:05pm	Family Free Swim - Coney Family pool 1:35pm - 2:30pm	Family Free Swim - Coney Family pool 1:10pm - 2pm	Adult Lap Swim 3 lanes - Coney Lap Pool 1:35pm - 2:55pm
	Adult Free Swim - Coney Family pool 1:25pm - 2:55pm						Adult Lap Swim 3 lanes - Coney Lap Pool 1:35pm - 2:55pm
							Adult Free Swim - Coney Family pool 1:35pm - 1:55pm
							Adult Lap Swim 3 lanes - Coney Lap Pool 1:35pm - 2:55pm
2pm		Family Free Swim - Coney Family pool 2:30pm - 3:25pm			Family Free Swim - Coney Family pool 2:40pm - 3:30pm	Youth Free Swim - Coney Family pool 2:05pm - 2:25pm	Family Free Swim - Coney Family pool 2pm - 2:55pm
						Family Free Swim - Coney Family pool 2:40pm - 3:30pm	

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3pm	Family Free Swim - Coney Family pool 3pm - 3:55pm	Youth/Teen & Adult Lap Swim - Coney Lap Pool 3pm - 7pm	Family Free Swim - Coney Family pool 3pm - 3:55pm	Youth/Teen & Adult Lap Swim - Coney Lap Pool 3pm - 7pm	Family Free Swim - Coney Family pool 3:35pm - 4:30pm	Family Free Swim - Coney Family pool 3:35pm - 4:30pm	Family Free Swim - Coney Family pool 3pm - 3:55pm
	Youth/Teen & Adult Lap Swim - Coney Lap Pool 3pm - 7:15pm	Family Free Swim - Coney Family pool 3:30pm - 4:25pm	Youth/Teen & Adult Lap Swim - Coney Lap Pool 3pm - 7:15pm	Family Free Swim - Coney Family pool 3pm - 3:55pm			Youth/Teen & Adult Lap Swim 3 lanes - Coney Lap Pool 3pm - 5:30pm
							Family Indoor Play (back half) Gymnasium 3pm - 5pm
4pm		Adult Free Swim - Coney Family pool 4:30pm - 4:55pm		Family Free Swim - Coney Family pool 4pm - 5pm	Family Free Swim - Coney Family pool 4:35pm - 5:30pm	Family Free Swim - Coney Family pool 4:35pm - 5:30pm	Swim Basics: 1/ Water Acclimation (Ages 3-5) Family pool Swim Instructor 4pm - 4:30pm
							Swim Strokes: 4/ Stroke Introduction (Ages 3-5) Family pool Swim Instructor 4pm - 4:30pm
							Swim Basics: 1/ Water Acclimation (Ages 5-12) Family pool Swim Instructor 4:40pm - 5:25pm
5pm	Cardio Kickboxing Murray Studio Adriana Zito 5:30pm - 6:20pm		Indoor Cycling Spin Studio Robin . 5:30pm - 6:20pm	Family Free Swim - Coney Family pool 5:15pm - 6pm	Adult Lap Swim - Coney Lap Pool 5:05pm - 7:30pm	Adult Lap Swim - Coney Lap Pool 5:05pm - 7:30pm	Teen Recreation (full gym) Gymnasium 5pm - 6:45pm
					Family Free Swim - Coney Family pool 5:35pm - 6:30pm	Family Free Swim - Coney Family pool 5:35pm - 6:30pm	Adult Free Swim - Coney Family pool 5:30pm - 5:55pm
							Youth/Teen & Adult Lap Swim 1 lane - Coney Lap Pool 5:35pm - 6:20pm
6pm	Soccer Spikes (front half) Gymnasium Youth & Family Staff 6pm - 7pm	Bikes & Bells Spin Studio Devoren A 6:30pm - 7:15pm	Yoga - Vinyasa Flow Murray Studio Sam . 6:30pm - 7:20pm	Pilates Mat Spin Studio Nikki . 6:30pm - 7:20pm	Adult Free Swim - Coney Family pool 6:35pm - 7:30pm	Adult Free Swim - Coney Family pool 6:35pm - 7:30pm	Family Free Swim - Coney Family pool 6pm - 6:55pm

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	Family Free Swim - Coney Family pool 6pm - 7pm						Swim Strokes: 5/ Stroke Development (Ages 5-12) Lap Pool Swim Instructor 6:30pm - 7:15pm
	Indoor Cycling Spin Studio Robin . 6:30pm - 7:20pm						Youth/Teen & Adult Lap Swim 2 lanes - Coney Lap Pool 6:30pm - 7:15pm
							Ultimate Abs Spin Studio Krista Martins 6:30pm - 7pm
7pm	Adult Free Swim - Coney Family pool 7:05pm - 10pm	Adult Lap Swim - Coney Lap Pool 7:05pm - 10pm	Adult Lap Swim - Coney Lap Pool 7:20pm - 10pm	Adult Lap Swim - Coney Lap Pool 7:05pm - 10pm			Adult Tennis (front half) Gymnasium 7pm - 10:15pm
	Adult Lap Swim - Coney Lap Pool 7:20pm - 10pm	Ultimate Abs/Stretching Spin Studio Devoren A 7:30pm - 8:10pm	Ultimate Abs/Stretching Murray Studio Sam . 7:30pm - 8:20pm	Water Aerobics (AOA) - Coney Family pool Devoren A 7:05pm - 7:50pm			Adult recreation (back half) Gymnasium 7pm - 10:15pm
				Total Body Conditioning Spin Studio Nikki . 7:30pm - 8:20pm			Wukkout! Spin Studio Krista Martins 7pm - 7:50pm
							DNL Group Family pool 7pm - 8pm
							Adult Lap Swim - Coney Lap Pool 7:20pm - 10pm
8pm		Rope-aerobics Murray Studio Jason . 8pm - 8:50pm		Adult Free Swim - Coney Family pool 8pm - 10pm			Stretching Spin Studio Krista Martins 8pm - 8:50pm
		Water Aerobics (AOA) - Coney Family pool Devoren A 8:15pm - 9pm					Adult Free Swim - Coney Family pool 8:05pm - 10pm
9pm		Adult Free Swim - Coney Family pool 9:10pm - 10pm					

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