



YMCA OF MIDDLETOWN
POOL SCHEDULE
September 11, 2017-November 19, 2017

YMCA of Middletown
 81 Highland Avenue
 Middletown, NY 10940
 845-344-9622
 www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:00 LAP SWIM 6 LANES	5:30-9:00 LAP SWIM 6 LANES	5:30-9:00 LAP SWIM 6 LANES	5:30-9:00 LAP SWIM 6 LANES	5:30-9:00 LAP SWIM 6 LANES	7:00-8:00 LAP SWIM 6 LANES	8:00-9:00 LAP SWIM 4 LANES
9:00-9:45 AQUACIZE	9:00-10:00 AQUACIZE	9:00-9:45 AQUACIZE	9:00-10:00 AQUACIZE	9:00-9:45 AQUACIZE	8:00-9:00 LAP SWIM 4 LANES	9:00-9:45 AQUACIZE
9:45-10:30 AQUACIZE	10:00-11:00 REC SWIM	9:45-10:30 AQUACIZE	10:00-11:00 REC SWIM	9:45-10:30 AQUACIZE	1:00-1:45 LAP SWIM 6 LANES	11:45-1:45 LAP SWIM 6 LANES
9:45-11:30 LAP SWIM 2 LANES	11:00-12:00 LAP SWIM 2 LANES	9:45-11:30 LAP SWIM 2 LANES	11:00-12:00 CLOSED FOR MAINT	9:45-11:30 LAP SWIM 2 LANES	2:00-3:00 LAP SWIM 2 LANES	2:00-3:00 LAP SWIM 2 LANES
10:30-11:30 REC SWIM DEEP END	12:00-3:00 LAP SWIM 3 LANES	10:30-11:30 REC SWIM DEEP END	12:00-3:00 LAP SWIM 3 LANES	10:30-11:30 SPECIAL NEEDS	3:00-5:30 FAMILY SWIM	3:00-4:30 FAMILY SWIM
11:30-12:30 CLOSED FOR MAINT	3:00-7:15 LAP SWIM 2 LANES	11:30-3:00 LAP SWIM 6 LANES	3:00-7:00 LAP SWIM 2 LANES	11:30-3:00 LAP SWIM 6 LANES		
12:30-3:00 LAP SWIM 6 LANES	6:15-7:15 FAMILY SWIM	3:00-6:00 LAP SWIM 2 LANES	6:15-7:00 FAMILY SWIM	3:00-6:00 LAP SWIM 2 LANES	UPDATED 8/10/17	
3:00-6:00 LAP SWIM 2 LANES	7:15-9:45 LAP SWIM 6 LANES	6:00-7:00 TABATA	7:45-9:45 LAP SWIM 6 LANES	6:00-7:00 AQUACIZE		
6:00-7:00 AQUACIZE		7:00-9:45 LAP SWIM 6 LANES		7:00-8:00 FAMILY AQUAZUMBA		
7:00-8:00 AQUAZUMBA				7:00-9:00 FAMILY SWIM		
7:00-8:00 LAP SWIM 2 LANES				9:00-9:45 LAP SWIM 6 LANES		
8:00-9:45 LAP SWIM 6 LANES						

POOL SCHEDULE KEY

LAP SWIM- ANY MEMBER THAT IS SWIMMING A STROKE CONTINUOUS FROM ONE SIDE OF THE POOL TO THE OTHER.
AQUACIZE- INSTRUCTOR LEAD CLASS FREE TO YMCA MEMBERS 13 AND OLDER
FAMILY SWIM- OPEN SWIM FOR FAMILIES. ALL CHILDREN 7 AND YOUNGER MUST BE ACCOMPANIED BY AN ADULT IN THE WATER. CHILDREN AGES 8-12 MUST HAVE AN ADULT ON THE POOL DECK.
REC SWIM- OPEN SWIM FOR ANY MEMBER