



YMCA OF MIDDLETOWN
POOL SCHEDULE
June 25, 2018 - August 26, 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-9:00 AM LAP SWIM 6 LANES	5:15-9:00 AM LAP SWIM 6 LANES	5:15-9:00 AM LAP SWIM 6 LANES	5:15-9:00 AM LAP SWIM 6 LANES	5:15-9:00 AM LAP SWIM 6 LANES	7:00-8:00 AM LAP SWIM 6 LANES	8:00-9:00 AM LAP SWIM 6 LANES
9:00-10:00 AM AQUACIZE	9:00-10:00 AM AQUACIZE	9:00-10:00 AM AQUACIZE	9:00-10:00 AM AQUACIZE	9:00-10:00 AM AQUACIZE	8:00-9:00 AM LAP SWIM 4 LANES	9:00-9:45 AM AQUACIZE
10:00 AM-12:00 PM CAMP					9:00AM-1:00PM PROGRAMS	9:45-11:45 AM PROGRAMS
12:00-1:00 PM LAP SWIM 5 LANES	12:00-1:00 PM LAP SWIM 5 LANES	12:00-1:00 PM LAP SWIM 5 LANES	12:00-1:00 PM LAP SWIM 5 LANES	12:00-1:00 PM LAP SWIM 5 LANES	1:15-3:30 PM FAMILY SWIM	12:00-2:30 PM FAMILY SWIM
1:00-4:00 PM CAMP					3:30-5:45 PM LAP SWIM	2:30-4:45 PM LAP SWIM
3:30-7:00 PM LAP SWIM 2 LANES	3:30-8:00 PM LAP SWIM 2 LANES	3:30-7:00 PM LAP SWIM 2 LANES	3:30-7:00 PM LAP SWIM 2 LANES	3:30-7:00 PM LAP SWIM 2 LANES	UPDATED: 6/14/18 2018 IMPORTANT DATES POOL SHUTDOWN 8/27 POOL REOPENS 9/4 PROGRAMS START 9/10	
7:00-8:00 PM AQUACIZE	7:00-8:00 PM AQUA ZUMBA	7:00-8:00 PM AQUACIZE		6:00-7:00 PM AQUACIZE		
	8:00-9:00 PM FAMILY SWIM		7:45-9:00 PM FAMILY SWIM	7:00-8:00 PM FAMILY AQUA ZUMBA		
	8:00-9:00 PM LAP SWIM 3 LANES		7:45- 9:00 PM LAP SWIM 3 LANES	7:00-9:00 PM FAMILY SWIM		
8:00-9:45 PM LAP SWIM 6 LANES	9:00-9:45 PM LAP SWIM 6 LANES	8:00-9:45 PM LAP SWIM 6 LANES	9:00-9:45 PM LAP SWIM 6 LANES	9:00-9:45 PM 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 LED CLASS FREE TO YMCA MEMBERS.
PROGRAMS- PLEASE INQUIRE AT OUR WELCOME CENTER TO SIGN UP FOR LESSONS OR ANY OTHER AQUATIC PROGRAMMING.
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..
AQUA ZUMBA-AN AEROBIC FITNESS PROGRAM FEATURING MOVEMENTS INSPIRED BY VARIOUS STYLES OF LATIN AMERICAN DANCE PRIMARILY USING LATIN MUSIC