



YMCA OF MIDDLETOWN POOL SCHEDULE

April 16, 2018– June 24, 2018

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	1:00-3:00 FAMILY SWIM	11:45-2:00 FAMILY SWIM
9:45-11:30 LAP SWIM 2 LANES		9:45-11:30 LAP SWIM 2 LANES		9:45-11:30 LAP SWIM 2 LANES	4:15-5:45 LAP SWIM 6 LANES	3:15-4:45 LAP SWIM 6 LANES
10:30- 11:30 REC SWIM DEEP END		10:30- 11:30 REC SWIM DEEP END		10:30- 11:30 SPECIAL NEEDS & REC SWIM		
11:30-12:30 CLOSED FOR MAINT	11:00-12:00 LAP SWIM 3 LANES	11:30-12:30 LAP SWIM 4 LANES	11:00-12:00 CLOSED FOR MAINT	11:30-3:30 LAP SWIM 6 LANES		
12:30-4:00 LAP SWIM 6 LANES	12:00-4:30 LAP SWIM 4 LANES	12:30-3:15 LAP SWIM 6 LANES	12:00-4:30 LAP SWIM 4 LANES		UPDATED 4/5/18	
4:00-6:00 LAP SWIM 2 LANES	4:30-7:15 LAP SWIM 2 LANES	3:15-4:45 LAP SWIM 4 LANES	4:30-7:00 LAP SWIM 2 LANES	3:30-6:00 LAP SWIM 2 LANES		
6:00-7:00 AQUACIZE		4:45-6:00 LAP SWIM 2 LANES		6:00-7:00 AQUACIZE		
7:00-8:00 AQUAZUMBA	6:15-7:15 FAMILY SWIM	6:00-7:00 AQUACIZE CIRCUT	6:15-7:00 FAMILY SWIM	7:00-8:00 FAMILY AQUAZUMBA		
7:00-9:00 SWIM TEAM 3/4 LANES	7:15-9:15 SWIM TEAM 4 LANES	7:00-9:00 SWIM TEAM 4 LANES	7:00-9:00 SWIM TEAM 4 LANES	7:00-9:00 FAMILY SWIM	PLEASE NOTE THE SWIM TEAM WILL BE USING OUR POOL UNTIL 6/22/18	
8:00-9:00 LAP SWIM 2 LANES	7:15-9:15 LAP SWIM 2 LANES	7:00-9:00 LAP SWIM 2 LANES	7:45-9:00 LAP SWIM 2 LANES	8:00-9:00 LAP SWIM 2 LANES		
9:00-9:45 LAP SWIM 6 LANES	9:15-9:45 LAP SWIM 6 LANES	9:00-9:45 LAP SWIM 6 LANES	9:00-9:45 LAP SWIM 6 LANES	9:00-9:45 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/REC 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.

PLEASE NOTE: POOL SCHEDULE SUBJECT TO CHANGE AT ANYTIME.