



**YMCA OF MIDDLETOWN
POOL SCHEDULE**

September 10, 2018-November 18, 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 LAP SWIM 6 LANES	5:15-9:00 LAP SWIM 6 LANES	5:15-9:00 LAP SWIM 6 LANES	5:15-9:00 LAP SWIM 6 LANES	5:15-9:00 LAP SWIM 6 LANES	7:00-9:00 LAP SWIM 5 LANES	8:00-9:00 LAP SWIM 5 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		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	1:15-3:00 FAMILY SWIM	12:00-2:00 FAMILY SWIM
9:45-11:30 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	4:15-5:45 LAP SWIM 5 LANES	3:15-4:45 LAP SWIM 5 LANES
10:30- 11:30 REC SWIM DEEP END		10:30- 11:30 REC SWIM DEEP END		10:30- 11:30 SPECIAL NEEDS		
11:30-12:30 CLOSED FOR MAINT						
12:30-4:00 LAP SWIM 5 LANES	11:00-4:30 LAP SWIM 3 LANES	11:30-4:15 LAP SWIM 5 LANES	12:00-5:30 LAP SWIM 3 LANES	11:30-3:30 LAP SWIM 5 LANES	UPDATED 8/6/18	
4:00-5:30 LAP SWIM 2 LANES	4:30-6:15 LAP SWIM 2 LANES	4:15-5:30 LAP SWIM 2 LANES	5:30-6:45 LAP SWIM 2 LANES	3:30-5:30 LAP SWIM 2 LANES		
6:00-7:00 AQUACIZE	6:15-7:15 AQUA ZUMBA	6:00-7:00 AQUACIZE CIRCUT		6:00-7:00 AQUACIZE		
7:15-8:15 FAMILY SWIM	7:15-9:15 LAP SWIM 3 LANES	7:15-8:15 FAMILY SWIM	7:30-9:15 LAP SWIM 3 LANES	7:00-9:00 FAMILY SWIM		
7:15-9:15 SWIM TEAM	7:15-9:15 SWIM TEAM	7:15-9:15 SWIM TEAM	7:15-9:15 SWIM TEAM	7:00-9:00 SWIM TEAM		
9:15-9:45 LAP SWIM 6 LANES	9:15-9:45 LAP SWIM 6 LANES	9:15-9:45 LAP SWIM 6 LANES	9:15-9:45 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 - 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. ANY NON SWIMMER UNDER 13 MUST HAVE AN ADULT IN THE WATER WITH THEM AT ALL TIMES.
REC SWIM- OPEN SWIM FOR ANY MEMBER