



YMCA OF MIDDLETOWN POOL SCHEDULE

February 4th, 2019 – April 14th, 2019

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	7:00-9:30 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	1:30-3:00 FAMILY SWIM	12:00-2:00 FAMILY SWIM
9:45-11:30 LAP SWIM 2 LANES		9:45-11:30 LAP SWIM 2 LANES	10:00-11:00 LAP SWIM 2 LANES	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 REC SWIM		
11:30-12:30 CLOSED FOR MAINTENANCE	11:00-4:30 LAP SWIM 3 LANES	11:30-4:15 LAP SWIM 5 LANES	11:00-12:00 CLOSED FOR MAINTENANCE	10:30-11:30 SPECIAL NEEDS		
12:30-4:00 LAP SWIM 5 LANES	1:45-2:45 HOMESCHOOL SWIM 2 LANES		12:00-5:30 LAP SWIM 3 LANES	11:30-3:30 LAP SWIM 5 LANES		
4:00-7:00 LAP SWIM 2 LANES	4:30-7:15 LAP SWIM 2 LANES	4:15-6:00 LAP SWIM 2 LANES	5:30-6:45 LAP SWIM 2 LANES	3:30-7:00 LAP SWIM 2 LANES		
6:00-7:00 AQUACIZE	6:15-7:15 AQUA ZUMBA	6:00-7:00 AQUACIZE CIRCUIT		6:00-7:00 AQUACIZE		
7:15-8:15 FAMILY SWIM		7:15-8:15 FAMILY SWIM		7:00-9:00 FAMILY SWIM		
7:15-8:15 LAP SWIM 4 LANES		7:15-8:15 LAP SWIM 4 LANES		7:00-9:00 LAP SWIM 3 LANES		
8:15-9:45 LAP SWIM 6 LANES	7:15-9:45 LAP SWIM 6 LANES	8:15-9:45 LAP SWIM 6 LANES	7:30-9:45 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

**UPDATED
1/29/19**