



**YMCA OF MIDDLETOWN**  
**POOL SCHEDULE**  
**March 5, 2018– April 15, 2018**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30-9:00</b> LAP SWIM 6 LANES	<b>5:30-9:00</b> LAP SWIM 6 LANES	<b>5:30-9:00</b> LAP SWIM 6 LANES	<b>5:30-9:00</b> LAP SWIM 6 LANES	<b>5:30-9:00</b> LAP SWIM 6 LANES	<b>7:00-8:00</b> LAP SWIM 6 LANES	<b>8:00-9:00</b> LAP SWIM 4 LANES
<b>9:00-9:45</b> AQUACIZE	<b>9:00-10:00</b> AQUACIZE	<b>9:00-9:45</b> AQUACIZE	<b>9:00-10:00</b> AQUACIZE	<b>9:00-9:45</b> AQUACIZE	<b>8:00-9:00</b> LAP SWIM 4 LANES	<b>9:00-9:45</b> AQUACIZE
<b>9:45-10:30</b> AQUACIZE	<b>10:00-11:00</b> REC SWIM	<b>9:45-10:30</b> AQUACIZE	<b>10:00-11:00</b> REC SWIM	<b>9:45-10:30</b> AQUACIZE	<b>1:00-1:45</b> LAP SWIM 6 LANES	<b>11:00-11:45</b> LAP SWIM 2 LANES
<b>9:45-11:30</b> LAP SWIM 2 LANES	<b>11:00-12:00</b> LAP SWIM 2 LANES	<b>9:45-11:30</b> LAP SWIM 2 LANES	<b>11:00-12:00</b> CLOSED FOR MAINT	<b>9:45-11:30</b> LAP SWIM 2 LANES	<b>2:00-3:00</b> LAP SWIM 2 LANES	<b>11:45-1:45</b> LAP SWIM 6 LANES
<b>10:30- 11:30</b> REC SWIM DEEP END	<b>12:00-4:30</b> LAP SWIM 3 LANES	<b>10:30- 11:30</b> REC SWIM DEEP END	<b>12:00-3:00</b> LAP SWIM 3 LANES	<b>10:30- 11:30</b> SPECIAL NEEDS	<b>3:00-5:30</b> FAMILY SWIM	<b>3:00-4:30</b> FAMILY SWIM
<b>11:30-12:30</b> CLOSED FOR MAINT	<b>4:30-7:15</b> LAP SWIM 2 LANES	<b>11:30-12:30</b> LAP SWIM 4 LANES	<b>3:00-7:00</b> LAP SWIM 2 LANES	<b>11:30-3:00</b> LAP SWIM 6 LANES		
<b>12:30-4:00</b> LAP SWIM 6 LANES	<b>6:15-7:15</b> FAMILY SWIM	<b>12:30-4:30</b> LAP SWIM 6 LANES	<b>6:15-7:00</b> FAMILY SWIM	<b>3:00-6:00</b> LAP SWIM 2 LANES	<b>UPDATED 3/1/18</b>	
<b>4:00-6:00</b> LAP SWIM 2 LANES		<b>3:00-6:00</b> LAP SWIM 2 LANES	<b>7:45-9:45</b> LAP SWIM 6 LANES	<b>6:00-7:00</b> AQUACIZE		
<b>6:00-7:00</b> AQUACIZE <b>7:00-8:00</b> AQUAZUMBA		<b>6:00-7:00</b> AQUACIZE CIRCUT		<b>7:00-8:00</b> <b>FAMILY</b> AQUAZUMBA		
<b>7:00-9:00</b> SWIM TEAM 3 LANES	<b>7:15-9:15</b> SWIM TEAM 3 LANES	<b>7:00-9:00</b> SWIM TEAM 3 LANES	<b>7:00-9:00</b> SWIM TEAM 3 LANES	<b>7:00-9:00</b> FAMILY SWIM	<b>PLEASE NOTE THE SWIM TEAM WILL BE USING OUR POOL UNTIL 6/22/18</b>	
<b>8:00-9:00</b> LAP SWIM 3 LANES	<b>7:15-9:45</b> LAP SWIM 3 LANES	<b>7:00-9:00</b> LAP SWIM 3 LANES	<b>7:00-9:00</b> LAP SWIM 3 LANES	<b>8:00-9:00</b> LAP SWIM 2 LANES		
<b>9:00-9:45</b> LAP SWIM 6 LANES	<b>9:00-9:45</b> LAP SWIM 6 LANES	<b>9:00-9:45</b> LAP SWIM 6 LANES	<b>9:00-9:45</b> LAP SWIM 6 LANES	<b>9:00-9:45</b> 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  
**PLEASE NOTE:**  
 The pool schedule may be adjusted at times due to our holiday schedule or special events, dates will be posted on the white board at the pool deck.