

Swim Meet Directions

** Please note: All directions begin in Middletown **

Newburgh Free Academy

201 Fullerton Avenue, Newburgh, NY 12550

Take I-84 East to Newburgh, Exit 8 (Walden). Make a right turn onto S Plank Road at the end of the exit ramp to the first light. After the light, bear left at the fork in the road onto South Street. Stay on this road about $\frac{3}{4}$ of a mile. Newburgh Free Academy is on the hill on your left.

Orange County Community College (From Middletown HS)

Take Gardner Ave to East Main Street. Make a right onto East Main St. At the 6th light make Left. Go through light and make left onto East Conkling Ave., Physical Education Building (Pool) and parking is on right.

McCann Center, Marist College

Take I-84 West to exit 13 (Route 9). Marist College is located approximately 15 miles north on the left side of Route 9.

Beacon High School Aquatic Center

Take Route 84 East to Beacon, NY to Exit 11. At the red light turn right and follow road to next red light and take left hand turn onto Verplanck Avenue and follow to 2nd red light (Verplanck Ave and Matteawn Rd). At light turn left and follow to high school. At third driveway turn left into parking lot. Look for BHS Athletics on building.

Felix Fiesta Middle School Clarkston, NY

30 Parrott Road, West Nyack, NY 10994

Take the NYS Thruway South (Route 87) to exit 13N Palisades Parkway North. Then take Exit 10 off the Palisades Pkwy. Turn right onto Germonds Road. Cross over Route 304 and pass Albertus Magnus HS on right. Continue straight ahead onto Parrot Rd. The Felix Fiesta Middle School is on the left. Pass the

main entrance and turn left to stay on Parrot Rd. Enter into the parking lot by the tennis courts. The pool entrance is past the last tennis court.

Valley Central High School Natatorium

Route 17K, Montgomery, NY

Take I-84 toward Newburgh. Take the Rt-28 exit – Exit 5 - toward Maybrook/Walden. Turn left onto NY-208. Turn left onto NY-17K. Valley Central High School is at 1175 State Route 17K, Montgomery, NY.

Monroe Woodbury Pool

Take Route 17E to exit 131 (last exit before tolls). Stay to left on ramp. Turn left at light onto Route 32 North. At first light, make a left onto Niniger Road. Take first right onto Dundererg Road. At top of hill turn right into Monroe Woodbury Middle School. Go into first door in front on right and follow hall way on the right to the pool.

Pine Bush High School

Route 17 West to exit 119 (Pine Bush). Make a right at the end of the exit, travelling north/east on Route 302. Pine Bush High School is located approximately 8 to 9 miles on the left side. The pool is located to the right side of the complex. If you reach the Route 302/52 signalized intersection, you have gone too far.

Stevenson Gymnasium, Bard College

Red Hook, NY

Take the NYS Thruway (I-87) to Exit 19 (Kingston), take Route 209 (changes to Route 199 at the Hudson River) over the Kingston-Rhinecliff Bridge to Route 9G; at the second light, turn left onto Route 9G and drive north 3.5 miles. Go to the 2nd light (flashing) and take a left, the Stevenson Gym will be on your left; parking on the right.

Nassau County Aquatic Center

Eisenhower Park, East Meadow, NY 11554

From the Whitestone Bridge and Throgs Neck Bridge, take the Cross Island Parkway south to Exit 29 – the Grand Central Parkway going east. The Grand Central Parkway will turn into the Northern State Parkway. Stay on Parkway to the Meadowbrook parkway going south (Exit 31 A toward Jones Beach). From

the Meadowbrook parkway take Exit M5, Hempstead Turnpike (Route 24) east. Make a left at the first traffic light onto Merrick Avenue (Korean War Veterans Memorial Drive) going north. Make a right at the first traffic light on Merrick Avenue. The aquatic Center parking lot is No. 1A.

Lehman College Apex Bronx, NY

Take the NYS Thruway South (87) crossing over the Tappan Zee Bridge. Continue South on the Thruway (87). Take the Van Cortlandt Park Exit. At the light, make a left. As you proceed make your first right, the reservoir will be on your right and the pool is $\frac{1}{4}$ of a mile on your left. There is a parking lot on your right, please park your car there, not in front of the building. They are known for towing vehicles from this point as it is limited time parking.

White Plains, YWCA 515 North Street, White Plains, NY

Take the NYS Thruway to Tappan Zee Bridge.
Take Exit 8 Route 287 – Cross Westchester Expressway.
Exit 9A Route 684/West/Westchester Ave. Stay on Westchester Ave.
At 1st light, make a right onto Bryant Ave. Go to your third light.
Make a left onto North St. (127). Go 1/10 of a mile, the “Y” is on your right.
Park in the back. The pool entrance is on the north side, downstairs.

White Plains, YMCA

Cross the Tappan Zee Bridge. After the toll booths, stay on your right and follow the signs for Route 287E to White Plains. Get off Route 287 at Exit 8W. Follow the signs for Harrison, NY and North Street. Go past St. Agnes Hospital, through two lights. The White Plains YMCA is the third building on your right.

Vassar College

Take 84 East to Exit 10. At the end of the ramp at the light make a left onto 9W north (you will follow this about 15-20 minutes). Follow to the Mid-Hudson Bridge. You will need \$1 for this toll. When you cross the bridge, go straight onto 44/55 East. (The main road turns into this road.) Continue for about 2 miles through the City of Poughkeepsie. Make a right at the light at Raymond Ave. (there is a sign for Vassar College). Less than 1 mile down Raymond Ave. you

will see a traffic light. Make a left into what looks like a building; this will bring you onto the campus at the stone gate house. Once on campus, make a right in front of the College Center, bearing left around the side of the building. At stop sign go left. Make a right on curve, follow through campus. You will see a pond on right, go up hill. You will see Walker Field House in front of you. Walker Field House is in the south east corner of the campus.

Orange County Community College (From Middletown HS)
Middletown, NY

Take Gardner Ave to East Main Street. Make a right onto East Main St. At the 6th light make left. Go through light and make left onto East Conkling Ave. Physical Education Building (Pool) and parking is on right.

Dutchess County YMCA (Poughkeepsie YMCA)
35 Montgomery Street
Poughkeepsie, NY 12601

Take 84E to exit 10. Turn left onto US 9W. Continue until you see the exit sign for Rt. 44/55 Church St. Take that exit, then make a right on Jefferson Street when you reach the traffic light. At the first traffic light, take a left on Montgomery Street. The Dutchess County YMCA will be the 2nd driveway on your right.

Westchester County Community College

Take New York State Thruway South and cross the Tappan Zee Bridge. Watch for signs for Route 287 (Exit 8). Take Route 287 East to Exit 4. At top of ramp, make a left onto Knollwood Road (Route 100A) and go North to Grasslands Road (Route 100) and make a right turn. Westchester County Community College is on the right. Alternate Route. Take Route 84 East to the Sprain Brook Parkway. Get off the Sprain Brook at Grasslands Road (Route 100C). Make a left turn onto Grasslands Road and go to the entrance on the right.

Ulster County Pool
New Paltz, NY

NYS Thruway to Exit 18 at New Paltz. Go west (left) on Route 299 through the village of New Paltz and across Walkkill River about 1 mile (2km) and turn left on

Libertyville Road at the sign for Ulster County Fair Ground. Proceed 1.5 miles and the pool and park are on the left side of the road.

Washingtonville High School

Washingtonville, NY

Route 17 East to exit 126 (Chester). At the light at end of ramp make a left. Continue through the next light to a stop sign. At the stop sign make a left onto Rt-94. Continue on Rt-94 to Washingtonville. The high school will be on your left. Make a left into the driveway and drive straight back and up the hill. The pool is in the rear of the high school

Minisink Valley HS

Route 6, Slate Hill, NY 10973

From Route 84W take 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow route 6 for four miles through Slate Hill. The Minidisk Valley CSD I just past Slate Hill on our left.