



YMCA OF MIDDLETOWN
POOL SCHEDULE

November 19, 2018– February 3, 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	7:00-9:00 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	1:30-3:00 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 SPECIAL NEEDS		
11:30-12:30 CLOSED FOR MAINT	11:00-4:30 LAP SWIM 3 LANES	11:30-4:15 LAP SWIM 5 LANES	11:00-12:00 CLOSED FOR MAINT	11:30-3:30 LAP SWIM 5 LANES		
12:30-4:00 LAP SWIM 5 LANES	1:45-2:45 HOMESCHOOL SWIM 2 LANES		12:00-5:30 LAP SWIM 3 LANES			
4:00-6:00 LAP SWIM 2 LANES	4:30-6:15 LAP SWIM 2 LANES	4:15-6:00 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

UPDATED
11/14/18