



YMCA OF MIDDLETOWN

POOL SCHEDULE

June 24, 2019 - August 25, 2019

YMCA OF MIDDLETOWN
 81 Highland Avenue
 Middletown, NY 10940
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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	7:00-9:25 LAP SWIM 6 LANES	8:00-9:00 LAP SWIM 6 LANES
9:00-10:00 AQUACIZE	9:00-10:00 AQUACIZE	9:00-10:00 AQUACIZE	9:00-10:00 AQUACIZE	9:00-10:00 AQUACIZE		9:00-9:45 AQUACIZE
10:00-11:00 REC SWIM Please use main locker rooms	10:00-11:00 REC SWIM Please use main locker rooms	10:00-11:00 REC SWIM Please use main locker rooms	10:00-11:00 REC SWIM Please use main locker rooms	10:00-11:00 REC SWIM Please use main locker rooms	9:30-1:30 PROGRAMS	9:45-11:45 PROGRAMS
10:00-12:00 CAMP					1:30-3:45 FAMILY SWIM	12:00-2:30 FAMILY SWIM
12:00-1:00 LAP SWIM 5 LANES	12:00-1:00 LAP SWIM 5 LANES	12:00-1:00 LAP SWIM 5 LANES	12:00-1:00 LAP SWIM 5 LANES	12:00-1:00 LAP SWIM 5 LANES	4:00-5:45 LAP SWIM 5 LANES	2:30-4:45 LAP SWIM 5 LANES
1:00-4:00 CAMP					UPDATED 6/19/19	
4:00-7:00 LAP SWIM 2 LANES	4:00-7:00 LAP SWIM 2 LANES	4:00-7:00 LAP SWIM 2 LANES	4:00-7:00 LAP SWIM 2 LANES	4:00-6:00 LAP SWIM 2 LANES		
7:05-8:05 AQUACIZE	7:05-8:05 AQUA ZUMBA	7:05-8:05 AQUACIZE		6:05-7:05 AQUACIZE	<p style="text-align: center;">2019 IMPORTANT DATES</p> <p style="text-align: center;">POOL SHUTDOWN 8/26</p> <p style="text-align: center;">POOL REOPENS 9/3</p> <p style="text-align: center;">PROGRAMS START 9/9</p>	
	8:05-9:00 FAMILY SWIM		7:45-9:00 FAMILY SWIM	7:05-8:05 FAMILY AQUA ZUMBA		
	8:05-9:00 LAP SWIM 3 LANES		7:45-9:00 LAP SWIM 3 LANES	7:05-9:00 FAMILY SWIM		
8:05-9:45 LAP SWIM 6 LANES	9:00-9:45 LAP SWIM 6 LANES	8:05-9:45 LAP SWIM 6 LANES	9:00-9:45 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 LED CLASS FREE TO YMCA MEMBERS.

PROGRAMS– PLEASE INQUIRE AT OUR WELCOME CENTER TO SIGN UP FOR LESSONS OR ANY OTHER AQUATIC PROGRAMMING.

FAMILY SWIM/ REC 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.

AQUA ZUMBA–AN AEROBIC FITNESS PROGRAM FEATURING MOVEMENTS INSPIRED BY VARIOUS STYLES OF LATIN AMERICAN DANCE PRIMARILY USING LATIN MUSIC.

This schedule is subject to change at any time.