



YMCA OF MIDDLETOWN POOL SCHEDULE

February 3, 2020– April 12, 2020

YMCA OF MIDDLETOWN
81 Highland Avenue
Middletown, NY 10940
(P) 845 344 9622
(W) 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 4 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	1:45-3:00 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 MAINT	11:00-4:30 LAP SWIM 3 LANES	11:30-3:45 LAP SWIM 4 LANES	11:00-12:00 CLOSED FOR MAINT	10:30- 11:30 SPECIAL NEEDS		
12:30-4:00 LAP SWIM 4 LANES	1:45-2:45 HOMESCHOOL SWIM 2 LANES	3:45-4:45 AQUACIZE	12:00-5:30 LAP SWIM 3 LANES	11:30-3:30 LAP SWIM 4 LANES		
4:00-6:00 LAP SWIM 2 LANES	4:30-6:00 LAP SWIM 2 LANES	4:45-6:00 LAP SWIM 2 LANES	5:30-6:45 LAP SWIM 2 LANES	3:30-6:00 LAP SWIM 2 LANES		
6:05-7:05 AQUACIZE	6:15-7:15 AQUA ZUMBA	6:05-7:05 AQUACIZE CIRCUT		6:05-7:05 AQUACIZE		
7:10-8:15 FAMILY SWIM		7:10-8:15 FAMILY SWIM	7:30- 8:30 **NEW** AQUA BOOTCAMP	7:10-9:00 FAMILY SWIM		
7:10-9:15 LAP SWIM 3 LANES		7:10-9:15 LAP SWIM 3 LANES	7:30-8:30 LAP SWIM 3 LANES	7:10-9:00 LAP SWIM 3 LANES		
9:15-9:45 LAP SWIM 6 LANES	7:05-9:45 LAP SWIM 6 LANES	9:15-9:45 LAP SWIM 6 LANES	8:30-9:45 LAP SWIM 6 LANES	9:00-9:45 LAP SWIM 6 LANES		

POOL SCHEDULE KEY

LAP SWIM—Any member that is continuously swimming a stroke from one side of the pool to the other. When we have 3 or more swimmers in a lane circle swimming is required.
AQUACIZE—Instructor led class, for ages 13 & older. ALL ABILITIES WELCOME
AQUA BOOTCAMP— Instructor led class, for ages 13 & older. We will focus on both land and water exercise using weights, medicine balls, stretch cords, and other exercise equipment. This class is designed to challenge the more advanced fitness levels.
FAMILY SWIM/REC SWIM—Open swim, any children ages 7-12 must have an adult in the pool area. Any non-swimmer or child under 7 must have an adult in the pool with them.

This schedule is subject to change at any time.

Please contact the Aquatics Office with any questions:
(P) 845 956 1549 or (E) dmcavinue@middletownymca.org

**UPDATED
1/30/2020**