



YMCA OF MIDDLETOWN POOL SCHEDULE

Effective 9/14/2020-11/1/2020
Reservations are required for all.

YMCA OF MIDDLETOWN
81 Highland Avenue
Middletown, NY 10940
(P) 845 344 9622
(W) middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50 Lap Swim	7:00-7:50 Lap Swim	7:00-7:50 Lap Swim	7:00-7:50 Lap Swim	7:00-7:50 Lap Swim	9:15-10:05 Lap Swim	CLOSED
8:00-8:50 Lap Swim	8:00-8:50 Lap Swim	8:00-8:50 Lap Swim	8:00-8:50 Lap Swim	8:00-8:50 Lap Swim	10:15-11:05 Lap Swim	
9:00-9:45 Aquacize	9:00-9:45 Aquacize	9:00-9:45 Aquacize	9:00-9:45 Aquacize	9:00-9:45 Aquacize	11:15-12:05 Lap swim	
		11-11:50 Lap swim	11-11:50 Lap swim	11-11:50 Lap swim	12:15-1:05 Lap swim	
12-12:50 Lap swim	12-12:50 Lap swim	12-12:50 Lap swim	12-12:50 Lap swim	12-12:50 Lap swim	1:20-2:10 Lap swim	
1-1:50 Lap swim (6)	1-1:50 Lap swim (6)	1-1:50 Lap swim (6)	1-1:50 Lap swim (6)	1-1:50 Lap swim (6)	2:20-3:10 Family swim	
2-2:50 Lap swim	2-2:50 Lap swim	2-2:50 Lap swim	2-2:50 Lap swim	2-2:50 Lap swim	3:20-4:10 Family swim	
3-3:50 Lap Swim (6)	3-3:50 Lap Swim (6)	3-3:50 Lap Swim (6)	3-3:50 Lap Swim (6)	3-3:50 Lap Swim (6)		
4-4:50 Lap Swim	4-4:50 Lap Swim	4-4:50 Lap Swim	4-4:50 Lap Swim	4-4:50 Lap Swim		
5-5:50 Lap Swim	5-5:50 Lap Swim	5-5:50 Lap Swim	5-5:50 Lap Swim	5-5:50 Lap Swim		
6:15-7:00 Aquacize	6-6:50 Lap Swim	6:15-7:00 Aquacize		6-6:50 Lap Swim		
POOL SCHEDULE KEY						
<p>LAP SWIM—Must move continuously from one end to the other. There will be 2 swimmers per lane unless labeled (6) meaning there will be 1 swimmer per lane. AQUACIZE—Instructor led class, for ages 13 & older. FAMILY SWIM—Open swim, all members on reservation must swim .</p> <p style="text-align: center;">This schedule is subject to change at any time. Contact the Aquatics Office with any questions: (P) 845 956 1549 or (E) dmccavinue@middletownymca.org</p>						
						UPDATED 9/1/2020