



YMCA OF MIDDLETOWN

POOL SCHEDULE 9/14/2020-11/1/2020

RESERVATIONS REQUIRED for all swimming time slots

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:50 Lap Swim Shared Lanes	7:00-8:50 Lap Swim Shared Lanes	7:00-8:50 Lap Swim Shared Lanes	7:00-8:50 Lap Swim Shared Lanes	7:00-8:50 Lap Swim Shared Lanes	9:15-2:10 Lap Swim Shared Lanes	CLOSED
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	2:20-4:10 Family Swim	
12-12:50 Lap Swim Shared Lanes	12-12:50 Lap Swim Shared Lanes	11-12:50 Lap Swim Shared Lanes	11-12:50 Lap Swim Shared Lanes	11-12:50 Lap Swim Shared Lanes		
1-1:50 Lap Swim Single Lanes	1-1:50 Lap Swim Single Lanes	1-1:50 Lap Swim Single Lanes	1-1:50 Lap Swim Single Lanes	1-1:50 Lap Swim Single Lanes		
2-2:50 Lap Swim Shared Lanes	2-2:50 Lap Swim Shared Lanes	2-2:50 Lap Swim Shared Lanes	2-2:50 Lap Swim Shared Lanes	2-2:50 Lap Swim Shared Lanes		
3-3:50 Lap Swim Single Lanes	3-3:50 Lap Swim Single Lanes	3-3:50 Lap Swim Single Lanes	3-3:50 Lap Swim Single Lanes	3-3:50 Lap Swim Single Lanes		
4-5:50 Lap Swim Shared Lanes	4-6:50 Lap Swim Shared Lanes	4-5:50 Lap Swim Shared Lanes	4-5:50 Lap Swim Shared Lanes	4-6:50 Lap Swim Shared Lanes		
6:15-7:00 Aquacize		6:15-7:00 Aquacize				
POOL SCHEDULE KEY						
<p>LAP SWIM — RESERVATION REQUIRED Must move continuously from one end to the other. Only 3 shared lanes available 4:00pm - 5:50pm M-F and 9:15am - 2:10pm Sat.</p> <p>AQUACIZE — RESERVATION REQUIRED Instructor led class, for ages 13 & older.</p> <p>FAMILY SWIM — RESERVATION REQUIRED Open swim, all members on reservation must swim.</p>						
MAKE A RESERVATION HERE						
<p style="text-align: center;">This schedule is subject to change at any time. Please contact the Aquatics Office with any questions: (P) 845 956 1549 or (E) dmcaivue@middletownymca.org</p>						
						UPDATED 9/18/2020