



YMCA OF MIDDLETOWN

POOL SCHEDULE 11/2/2020-12/27/2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:50 Lap Swim Shared Lanes	6:00-8:50 Lap Swim Shared Lanes	7:00-8:50 Lap Swim Shared Lanes	6:00-8:50 Lap Swim Shared Lanes	7:00-8:50 Lap Swim Shared Lanes	7:15-2:10 Lap Swim Shared Lanes	CLOSED
9:00-9:45 Aquacize Paris	9:00-9:45 Aquacize Chris	9:00-9:45 Aquacize Nancy	9:00-9:45 Aquacize Paris	9:00-9:45 Aquacize Chris	2:20-4:10 Family Swim	
10:00-10:50 Lap Swim Shared Lanes	11:00-11:50 Lap Swim Shared lanes	10:00-11:50 Lap Swim Shared Lanes	10:00-11:50 Lap Swim Shared Lanes	10:00-10:45 Aquacize Chris		
12:00-12:50 Lap Swim Shared Lanes	12:00-12:50 Lap Swim Shared Lanes	12:00-12:45 Aquacize Paris	12:00-12:45 Aquacize Paris	11:00-11:50 Lap Swim Shared Lanes		
1:00-3:50 Lap Swim Single Lanes	1:00-3:50 Lap Swim Single Lanes	1:00-3:50 Lap Swim Single Lanes	1:00-3:50 Lap Swim Single Lanes	12:00-12:45 Aquacize Paris		
4:00-5:50 Lap Swim Shared Lanes		4:00-5:50 Lap Swim Shared Lanes	4:00-5:50 Lap Swim Shared Lanes	1:00-3:50 Lap Swim Single Lanes		
6:15-7:00 Aquacize Nancy	6:15-7:00 Aquacize Isabele	6:10-7:00 Lap Swim Shared Lanes		4:00-6:50 Lap Swim Shared Lanes		
				6:10-7:00 Lap Swim Shared Lanes		

POOL SCHEDULE KEY

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. (Must be 13 or older)

AQUACIZE — RESERVATION REQUIRED Instructor led class, for ages 13 & older.

FAMILY SWIM — RESERVATION REQUIRED Open swim, all members on reservation must swim.

[MAKE A RESERVATION HERE](#)

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
10/28/2020**