



YMCA OF MIDDLETOWN

HOLIDAY POOL SCHEDULE 1/4/21-1/10/21

RESERVATIONS REQUIRED for all swimming time slots

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

MON. 1/4	TUES. 1/5	WED. 1/6	THURS. 1/7	FRI. 1/8	SAT. 1/9	SUN. 1/10
6:05-6:55 Lap Swim Shared Lanes	6:05-6:55 Lap Swim Shared Lanes	5:45-6:45 MASTERS All Lanes	6:05-6:55 Lap Swim Shared Lanes	5:45-6:45 MASTERS All Lanes	7:05-1:55 Lap Swim Shared Lanes	8:00-9:00 MASTERS All Lanes
7:05-8:55 Lap Swim Shared Lanes	7:05-8:55 Lap Swim Shared Lanes	7:05-8:55 Lap Swim Shared Lanes	7:05-8:55 Lap Swim Shared Lanes	7:05-8:55 Lap Swim Shared Lanes	2:15-4:10 Family Swim	CLOSED MAINTENANCE
9:05-9:50 Aquacize Paris	9:05-9:50 Aquacize Chris	9:05-9:50 Aquacize Nancy	9:05-9:50 Aquacize Paris	9:05-9:50 Aquacize Chris		
10:00-10:50 Lap Swim Shared Lanes		10:00-10:50 Lap Swim Shared Lanes	10:00-10:50 Lap Swim Shared Lanes	10:00-10:50 Water Fitness on Your Own		
11:00-11:50 CLOSED MAINTENANCE	11:00-11:50 Lap Swim Shared lanes	11:00-11:50 Lap Swim Shared lanes	11:00-11:50 Lap Swim Shared lanes	11:00-11:50 Lap Swim Shared Lanes		
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	12:00-12:45 Aquacize Paris		
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	1:00-3:50 Lap Swim Single Lanes		
4:00-5:50 Lap Swim Shared Lanes	4:00-5:50 Family Swim	4:00-5:50 Lap Swim Shared Lanes	4:00-5:50 Lap Swim Shared lanes	4:00-6:50 Lap Swim Shared Lanes		
6:15-7:00 Aquacize Nancy	6:15-7:00 Aquacize Isabele	6:10-7:00 Lap Swim Shared Lanes	5:00-6:50 Family Swim	6:10-7:00 Lap Swim Shared Lanes		

POOL SCHEDULE KEY

LAP SWIM — RESERVATION REQUIRED For ages 13 & older, Must move continuously from one end to the other. Only 3 shared lanes available 4:00pm - 5:50pm M-F and 9:05am - 1:55pm Sat.

WATER FITNESS ON YOUR OWN — RESERVATION REQUIRED For ages 13 & older, Self led class, focusing on your own personal fitness goals.

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

FAMILY SWIM — RESERVATION REQUIRED For families, Open swim, All members in attendance must swim, Members under 18 must be accompanied by an adult.

MASTERS — PAID MONTHLY DRAFT REQUIRED For ages 18 & older, Coach led class.

[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) middletownaquatics@middletownymca.org

**UPDATED
12/31/2020**