



YMCA OF MIDDLETOWN POOL SCHEDULE 1/11/21-3/7/21

YMCA OF MIDDLETOWN
81 Highland Avenue
Middletown, NY 10940
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RESERVATIONS REQUIRED for all swimming time slots

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	7:05-7:55 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	8:05-8:55 Lap Swim Shared Lanes	9:00-10:00 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	9:05-9:55 Lap Swim Shared Lanes	10:00-1:30 LESSONS NO LAP SWIM
10:00-10:50 Lap Swim Shared Lanes	10:00-10:45 LESSONS NO LAP SWIM	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	10:05-10:55 Lap Swim Shared Lanes	1:45-2:35 Family Swim All Lanes
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	11:05-11:55 Lap Swim Shared Lanes	2:50-3:40 Family Swim All 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	12:05-12:55 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	1:00-3:50 Lap Swim Single Lanes	2:15-3:05 Family Swim All Lanes	
4:00-5:50 Lap Swim Shared Lanes	4:00-5:50 LESSONS NO LAP SWIM	4:00-5:50 Lap Swim Shared Lanes	4:00-5:50 Lap Swim Shared Lanes	4:00-5:50 Lap Swim Shared Lanes	3:20-4:10 Family Swim All Lanes	
6:15-7:00 Aquacize Nancy	6:15-7:00 Aquacize Isabele	6:10-7:00 Lap Swim Shared Lanes	6:15-7:00 LESSONS NO LAP SWIM	6:10-7:00 Lap Swim Shared Lanes		UPDATED 1/6/2021

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 10:00am - 10:50am M,W,Th 4:00pm - 5:50pm M-F and 8:05am - 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