



**YMCA OF MIDDLETOWN**  
**POOL SCHEDULE 5/3/21-6/27/21**  
RESERVATIONS REQUIRED for certain 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
6:05 -6:55 Reserved Lap Swim	6:05 -6:55 Reserved Lap Swim	5:45 -6:45 Masters Swim All Lanes	6:05 -6:55 Reserved Lap Swim	5:45 -6:45 Masters Swim All Lanes		
7:05 -8:55 Reserved Lap Swim	7:05 -8:55 Reserved Lap Swim	7:05 -8:55 Reserved Lap Swim	7:05 -8:55 Reserved Lap Swim	7:05 -8:55 Reserved Lap Swim	7:05 -8:55 Reserved Lap Swim	8:00 -9:00 Masters Swim All Lanes
9:05 -9:50 Aquacize With Paris	9:05 -9:50 Aquacize With Chris	9:05 -9:50 Aquacize With Nancy	9:05 -9:50 Aquacize With Paris	9:05 -9:50 Aquacize Rotating	9:00 -10:00 Programs All Lanes	9:00 -10:00 Programs All Lanes
10:00 -11:00 Open Lap Swim 3 Shared Lanes	10:00 -10:45 Programs All Lanes	10:00 -11:00 Closed Maintenance	10:00 -11:00 Open Lap Swim 3 Shared Lanes	10:00 -11:00 Closed Maintenance	10:00 -11:00 Programs All Lanes	10:00 -11:00 Programs All Lanes
11:00 -12:00 Open Lap Swim 6 Shared Lanes	11:00 -12:00 Open Lap Swim 3 Shared Lanes	11:00 -11:50 Water Fitness On Your Own	11:00 -11:50 Open Lap Swim 6 Shared Lanes	11:00 -11:50 Water Fitness On Your Own	11:00 -12:00 Programs All Lanes	11:00 -12:00 Programs All Lanes
12:00 -1:00 Open Lap Swim 6 Shared Lanes	12:00 -1:00 Open Lap Swim 6 Shared Lanes	12:00 -12:45 Aquacize With Paris	12:00 -12:45 Aquacize With Paris	12:00 -12:45 Aquacize With Paris	12:00 -1:00 Programs All Lanes	12:00 -1:00 Programs All Lanes
1:00 -2:00 Open Lap Swim 6 Shared Lanes	1:00 -2:00 Open Lap Swim 6 Shared Lanes	1:00 -2:00 Open Lap Swim 6 Shared Lanes	1:00 -2:00 Open Lap Swim 6 Shared Lanes	1:00 -2:00 Open Lap Swim 6 Shared Lanes	1:00 -1:50 Reserved Lap Swim	1:00 -1:50 Reserved Lap Swim
2:00 -2:50 Open Lap Swim 6 Shared Lanes	2:00 -2:50 Open Lap Swim 6 Shared Lanes	2:00 -2:50 Open Lap Swim 6 Shared Lanes	2:00 -2:50 Open Lap Swim 6 Shared Lanes	2:00 -2:50 Open Lap Swim 6 Shared Lanes	2:05 -2:55 Family Swim All Lanes	2:05 -2:55 Family Swim All Lanes
3:00 -3:50 Reserved Lap Swim	3:00 -3:50 Reserved Lap Swim	3:00 -3:50 Reserved Lap Swim	3:00 -3:50 Reserved Lap Swim	3:00 -3:50 Reserved Lap Swim	3:10 -4:00 Family Swim All Lanes	3:10 -4:00 Family Swim All Lanes
4:00 -4:50 Reserved Lap Swim	4:00 -5:00 Programs All Lanes	4:00 -4:50 Reserved Lap Swim	4:00 -4:50 Reserved Lap Swim	4:00 -4:50 Reserved Lap Swim	4:10 -5:00 Reserved Lap Swim	
5:00 -5:50 Reserved Lap Swim	5:00 -6:00 Programs All Lanes	5:00 -6:00 Programs All Lanes	5:00 -5:50 Reserved Lap Swim	5:00 -6:00 Programs All Lanes		
6:15 -7:00 Aquacize With Nancy	6:15 -7:00 Aquacize With Isabel	6:10 -7:00 Reserved Lap Swim	6:00 -7:00 Programs All Lanes	6:10 -7:00 Reserved Lap Swim		<b>Updated 4/22/21</b>

**IMPORTANT POOL SCHEDULE INFORMATION**

Reservations can be made online at: [middletownymca.org](http://middletownymca.org)

**OPEN LAP SWIM — FIRST COME FIRST SERVE MAX. 2 PER LANE** For ages 13 & older. No reservation required. Must move continuously from one end to the other.

**RESERVED LAP SWIM — RESERVATION REQUIRED MAX. 2 PER LANE, LIMIT 5 RESERVATIONS PER WEEK** For ages 13 & older. Must move continuously from one end to the other.

**AQUACIZE — RESERVATION REQUIRED, LIMIT 3 RESERVATIONS PER WEEK** For ages 13 & older. Instructor led class.

**WATER FITNESS ON YOUR OWN — RESERVATION REQUIRED** For ages 13 & older. Self led exercise in the pool.

**FAMILY SWIM — RESERVATION REQUIRED MAX. 5 PER RESERVATION** Open swim for families. All in attendance must swim. Members under 18 must be accompanied by an adult.

**MASTERS — PAID MONTHLY DRAFT REQUIRED** For ages 18 & older. Coach led program.

**PLEASE NOTE: MEMBERS ARE RESPONSIBLE FOR PHYSICALLY DISTANCING THEMSELVES IN THE POOL**

This schedule is subject to change at any time. Check pool bulletin board for any changes.

Please contact the Aquatics Office with any questions: (P) 845 956 1549 or (E) [middletownaquatics@middletownymca.org](mailto:middletownaquatics@middletownymca.org)