



SOUTH ORANGE FAMILY YMCA
POOL SCHEDULE
May 29, 2021– June 27, 2021

SOUTH ORANGE FAMILY YMCA
 45 Gilbert Street Ext.
 Monroe, NY 10950
 (P) 845 395 1016
www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-8:55 LAP SWIM/ OPEN SWIM	6:05-8:55 LAP SWIM/ OPEN SWIM	6:05-8:55 LAP SWIM/ OPEN SWIM	6:05-8:55 LAP SWIM/ OPEN SWIM	6:05-8:55 LAP SWIM/ OPEN SWIM	7:05-8:05 MASTERS	8:05-8:55 LAP SWIM/ OPEN SWIM
9:05-9:50 AQUACIZE	9:05-9:50 OPEN SWIM/ LAP SWIM	9:05-9:50 AQUACIZE	9:05-9:50 OPEN SWIM/ LAP SWIM	9:05-9:50 AQUACIZE	8:15-9:00 Adult Lessons/ OPEN SWIM (no lanes avail)	9:05-9:55 LAP SWIM/ OPEN SWIM
10:00-10:50 FAMILY SWIM/ LAP SWIM	10:00-10:45 Adult Lessons/ OPEN SWIM (no lanes available)	10:00-10:50 PROGRAMS & 2 Lap Lanes Available	10:00-10:50 PROGRAMS & 2 Lap Lanes Available	10:00-10:50 PROGRAMS & 2 Lap Lanes Available	9:15-9:45 PROGRAMS	10:00-10:50 PROGRAMS & 2 Lap Lanes Available
11:00-11:50 OPEN SWIM/ LAP SWIM	11:00-11:50 Pool Closed Maintenance	11:00-11:50 OPEN SWIM/ LAP SWIM	11:00-11:50 OPEN SWIM/ LAP SWIM	11:00-11:50 OPEN SWIM/ LAP SWIM	10:00-10:50 PROGRAMS & 2 Lap Lanes Available	11:00-11:50 PROGRAMS & 2 Lap Lanes Available
12:00-12:50 OPEN SWIM/ LAP SWIM	12:00-12:50 OPEN SWIM/ LAP SWIM	12:00-12:50 OPEN SWIM/ LAP SWIM	12:00-12:50 OPEN SWIM/ LAP SWIM	12:00-12:50 OPEN SWIM/ LAP SWIM	11:00-11:50 PROGRAMS & 2 Lap Lanes Available	12:00-12:50 PROGRAMS & 2 Lap Lanes Available
1:00-1:50 OPEN SWIM/ LAP SWIM	1:00-1:50 OPEN SWIM/ LAP SWIM	1:00-1:50 OPEN SWIM/ LAP SWIM	1:00-1:50 OPEN SWIM/ LAP SWIM	1:00-1:50 OPEN SWIM/ LAP SWIM	12:00-12:50 PROGRAMS & 2 Lap Lanes Available	1:00-1:50 FAMILY SWIM No Lanes Available
2:00– 2:50 OPEN SWIM/ LAP SWIM	2:00– 2:50 OPEN SWIM/ LAP SWIM	2:00– 2:50 OPEN SWIM/ LAP SWIM	2:00– 2:50 OPEN SWIM/ LAP SWIM	2:00– 2:50 OPEN SWIM/ LAP SWIM	1:00-2:15 PROGRAMS	
3:00-3:50 OPEN SWIM/ LAP SWIM	3:00-3:50 OPEN SWIM/ LAP SWIM	3:00-3:50 OPEN SWIM/ LAP SWIM	3:00-3:50 OPEN SWIM/ LAP SWIM	3:00-3:50 OPEN SWIM/ LAP SWIM		
4:00-4:50 OPEN SWIM/ LAP SWIM	4:00-4:50 FAMILY SWIM/ LAP SWIM	4:00-4:50 OPEN SWIM/ LAP SWIM	4:00-4:50 FAMILY SWIM/ LAP SWIM	4:00-4:50 OPEN SWIM/ LAP SWIM		
5:00-6:30 PROGRAMS & 2 Lap Lanes Available	5:00-6:30 PROGRAMS	5:00-6:30 PROGRAMS & 2 Lap Lanes Available	5:00-6:30 PROGRAMS Swim & Gym	5:00-6:30 PROGRAMS & 2 Lap Lanes Available		
6:45-7:30 FAMILY SWIM No Lap Lanes Available	6:45-7:30 AQUACIZE	6:45-7:30 Adult Lessons/ OPEN SWIM (no lanes avail)	6:45-7:30 AQUACIZE	6:45-7:30 FAMILY SWIM No Lap Lanes Available		
7:45-8:20 LAP SWIM/ OPEN SWIM	7:45-8:45 MASTERS	7:45-8:20 LAP SWIM/ OPEN SWIM	7:45-8:45 MASTERS			

POOL SCHEDULE KEY—NO MORE RESERVATION FIRST COME FIRST SERVED

LAP SWIM — For ages 13 & older, Must move continuously from one end to the other. Two in a lane side by side, or circle swim with up to 3.

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

FAMILY SWIM — For families, all members in attendance must swim, Members under 18 must be accompanied by an adult. Open swim style—Must maintain proper social distance.

OPEN SWIM— For use of 'bump-out' area of pool during lap swim times.

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

This schedule is subject to change at any time.

Please contact the Aquatics Office with any questions: mag@middletownymca.org