



POOL SCHEDULE

YMCA OF MIDDLETOWN

Effective: 9/13/21-11/13/21

YMCA OF MIDDLETOWN
 81 Highland Avenue
 Middletown, NY 10940
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|---|--|
| 5:30 - 6:30 Lap Swim 6 Lanes | 5:30 - 6:30 MASTERS No Lap | 5:30 - 6:30 Lap Swim 6 Lanes | 5:30 - 6:30 MASTERS No Lap | 5:30 - 6:30 Lap Swim 6 Lanes | | |
| 6:30 - 8:50 Lap Swim 6 Lanes | 6:30 - 8:50 Lap Swim 6 Lanes | 6:30 - 8:50 Lap Swim 6 Lanes | 6:30 - 8:50 Lap Swim 6 Lanes | 6:30 - 8:50 Lap Swim 6 Lanes | 7:00 - 8:00 MASTERS No Lap | |
| 9:00 - 9:45 Aquacize | 9:00 - 9:45 Aquacize | 9:00 - 9:45 Aquacize | 9:00 - 9:45 Aquacize | 9:00 - 9:45 Aquacize | 8:00 - 9:20 Lap Swim 6 Lanes | 8:00 - 9:20 Lap Swim 6 Lanes |
| 10:00 - 11:00 (3) Lessons (3) Lap Swim | 10:00 - 11:00 (3) Lessons (3) Lap Swim | 10:00 - 11:00 (3) Lessons (3) Lap Swim | 9:45 - 10:30 Aquacize | 9:45 - 10:30 Aquacize | 9:30 - 11:00 (3) Lessons (3) Lap Swim | 9:30 - 11:45 (3) Lessons (3) Lap Swim |
| 11:00 - 12:00 Closed Maintenance | 11:00 - 12:00 (2) Adult Rec. (4) Lap Swim | 11:00 - 12:00 (2) Adult Rec. (4) Lap Swim | 10:30 - 11:30 Closed Maintenance | 10:40 - 12:00 (2) Adult Rec. (4) Lap Swim | 11:00 - 1:15 (3) Lessons (3) Lap Swim | 12:00 - 1:30 Family Swim No Lap |
| 12:00 - 1:00 Lap Swim 6 Lanes | 12:00 - 1:00 Lap Swim 6 Lanes | 12:00 - 1:00 Lap Swim 6 Lanes | 11:30 - 12:45 Lap Swim 6 Lanes | 12:00 - 1:00 Lap Swim 6 Lanes | 1:30 - 2:30 Family Swim No Lap | |
| 1:00 - 3:20 Lap Swim 6 Lanes | 1:00 - 3:20 Lap Swim 6 Lanes | 1:00 - 3:20 Lap Swim 6 Lanes | 1:00 - 3:30 (3) Lessons (3) Lap Swim | 1:00 - 3:50 Lap Swim 6 Lanes | | |
| 3:30 - 5:00 Lessons/ClubK No Lap | 3:30 - 5:00 (3) Lessons (3) Lap Swim | 3:30 - 5:00 Lessons/Jr. M No Lap | 3:30 - 5:00 (3) Lessons (3) Lap Swim | 4:00 - 5:00 (3) Jr. Masters (3) Lap Swim | | |
| 5:00 - 6:20 Lessons/B.I.T. No Lap | 5:00 - 6:20 (3) Lessons (3) Lap Swim | 5:00 - 6:20 Lessons/B.I.T. No Lap | 5:00 - 6:20 (3) Lessons (3) Lap Swim | 5:15 - 6:30 (3) Family Swim (3) Lap Swim | | |
| 6:30 - 7:15 Aquacize | 6:30 - 7:15 Aquacize | 6:30 - 7:15 Aquacize | 6:30 - 7:15 Lessons No Lap | | | |
| 7:25 - 8:30 Lap Swim 6 Lanes | 7:25 - 8:30 Lap Swim 6 Lanes | 7:25 - 8:30 Lap Swim 6 Lanes | 7:25 - 8:30 Lap Swim 6 Lanes | | | Schedule Updated 9/9/21 |

POOL SCHEDULE INFORMATION

LOCKER ROOMS — Families with children 12 & under must use the family locker rooms. Members 13 & older must use the designated adult locker rooms.

LAP SWIM — Swimmers must be age 13 & older and must swim continuously from one end of the pool to the other. When 3 or more swimmers enter a lane, swimmers must **circle swim**. The lifeguard on duty reserves the right to re-assign lanes based on speed/ability.

LESSONS—These times are reserved for group or private swim lessons. **Registration is required.**

AQUACIZE — Participants must be age 13 & older. This is an instructor led class and space may be limited. Those in attendance are expected to follow along with the class at all times.

ADULT REC. — Members age 13 & older may use the time to aquacize on your own, aqua jog, or even just relax.

FAMILY SWIM — **NO INFLATABLE DEVICES ALLOWED.** This is a recreational swim time. All children under 7, regardless of swimming ability, and non-swimmers (who require a flotation device) must be accompanied in the pool by an adult and remain under their direct supervision at all times. Swimmers, age 7-12, must be supervised by an adult in the pool area.

MASTERS — This coach led program is available to members age 18 and older. **Registration is required.**

This schedule is subject to change at any time. Please check the pool bulletin board for updates regularly.

Aquatics Office: (P) 845 956 1549 (E) middletownaquatics@middletownymca.org