



POOL SCHEDULE

SOUTH ORANGE FAMILY YMCA

Effective: 9/13/21-11/07/21

SOUTH ORANGE FAMILY YMCA
45 Gilbert St Ext
Monroe, NY 10950
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 8:50 Open Swim Lap Swim	5:15 - 8:50 Open Swim Lap Swim	5:15 - 8:50 Open Swim Lap Swim	5:15 - 8:50 Open Swim Lap Swim	5:15 - 8:50 Open Swim Lap Swim	7:00 - 8:50 Open Swim Lap Swim	8:00 - 8:50 (2) Lap Swim Lessons
9:00 - 9:45 Aquacize	9:15 - 10:00 Aquacize	9:00 - 9:45 Aquacize	9:15 - 10:00 Aquacize	9:00 - 9:45 Aquacize	9:05 - 11:15 Lessons	9:00 - 10:05 Lessons
10:00 - 11:05 Lessons Lap Swim	10:00 - 11:00 Lessons Lap Swim	10:00 - 11:05 Lessons Lap Swim	10:00 - 11:05 Lessons Lap Swim	10:00 - 11:05 Lessons Lap Swim	11:15 - 12:15 Lessons	10:10 - 12:20 Lessons
11:15 - 12:50 Open Swim Lap Swim	11:00 - 1:00 POOL MAINTAINENCE	11:15 - 12:50 Open Swim Lap Swim	11:15 - 12:50 Open Swim Lap Swim	11:15 - 12:50 Open Swim Lap Swim	12:20 - 1:15 (2) Lap Swim Lessons	12:30 - 1:30 (2) Lap Swim Lessons
12:50 - 2:00 Open Swim Lap Swim	1:00 - 1:45 Aquacize	12:50 - 2:00 Open Swim Lap Swim	1:00 - 1:45 Aquacize	12:50 - 2:00 Open Swim Lap Swim	1:20 - 2:30 Family Swim (2) Lap Lanes	
2:00 - 3:50 Open Swim Lap Swim	2:00 - 3:50 Open Swim Lap Swim	2:00 - 3:50 Open Swim Lap Swim	2:00 - 3:50 Open Swim Lap Swim	2:00 - 3:50 Open Swim Lap Swim		
4:00 - 5:15 Lessons Lap Swim	4:00 - 5:15 Lessons Lap Swim	4:00 - 5:15 Lessons Lap Swim	4:00 - 5:15 Lessons Lap Swim	4:00 - 5:15 Lessons Lap Swim		
5:20 - 6:15 Lessons	5:20 - 6:15 Lessons	5:20 - 6:15 Lessons	5:20 - 6:15 Lessons	5:20 - 6:45 Lessons		
6:15 - 7:15 BIT's Open Swim	6:15 - 7:00 Aquacize	6:15 - 7:15 Adult Lessons BIT's	6:15 - 7:00 Aquacize			
7:20 - 8:30 Family Swim (2) Lap Swim	7:15 - 8:15 Jr Masters Open Swim	7:20 - 8:30 Family Swim (2) Lap Swim	7:15- 8:15 Jr Masters Open Swim			Updated 9/16/21

POOL SCHEDULE INFORMATION

LAP SWIM — Swimmers must be age 13 and 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.

OPEN SWIM— For use of the 'bump-out' area of pool for recreational swimming. All ages are welcome following the same guidelines as FAMILY SWIM.

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

AQUACIZE — Participants must be age 13 and 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 and 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 must remain under their direct supervision at all times. Swimmers, age 7-12, must be supervised by an adult in the pool area.

JR. MASTERS — This coach led program is available to members age 17 and younger. **Registration is required.**

This schedule is subject to change at any time. Download our mobile app for updates.

Aquatics Office: (P) 845 395 1016 or (E) mag@middletownymca.org