



# POOL SCHEDULE

## YMCA OF MIDDLETOWN

Effective: 4/18/22-6/26/22

**YMCA OF MIDDLETOWN**  
 81 Highland Avenue  
 Middletown, NY 10940  
 (P) 845 344 9622  
 (W) middletownymca.org

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY                                       | FRIDAY  | SATURDAY                                     | SUNDAY  |
|---|---|---|--|---|--|---|
| 5:30 - 6:30<br>(6) Lap Swim                     | 5:30 - 6:30<br><b>MASTERS<br/>NO LAP</b>        | 5:30 - 6:30<br>(6) Lap Swim                                   | 5:30 - 6:30<br><b>MASTERS<br/>NO LAP</b>       | 5:30 - 6:30<br>(6) Lap Swim                       |  |   |
| 6:30 - 8:50<br>(6) Lap Swim                     | 6:30 - 8:50<br>(6) Lap Swim                     | 6:30 - 8:50<br>(6) Lap Swim                                   | 6:30 - 8:50<br>(6) Lap Swim                    | 6:30 - 8:50<br>(6) Lap Swim                       | 7:00 - 8:00<br><b>MASTERS<br/>NO LAP</b>     |   |
| 9:00 - 9:45<br><b>Aquacize<br/>With Paris</b>   | 9:00 - 9:45<br><b>Aquacize<br/>With Paris</b>   | 9:00 - 9:45<br><b>Aquacize<br/>With Christine</b>             | 9:00 - 9:45<br><b>Aquacize<br/>With Paris</b>  | 9:00 - 9:45<br><b>Aquacize<br/>With Isabel</b>    | 8:00 - 9:00<br>(6) Lap Swim                  | 8:00 - 9:20<br>(6) Lap Swim                   |
| 10:00 - 11:00<br>(4) Lap Swim<br>(2) Adult Rec. | 10:00 - 11:00<br><b>Lessons<br/>NO LAP</b>      | 10:00 - 11:00<br>(3) Lessons<br>(3) Lap Swim<br>(3) Deep Rec. | 9:45 - 10:30<br><b>Aquacize<br/>With Paris</b> | 9:45 - 10:30<br><b>Aquacize<br/>With Paris</b>    | 9:15 - 11:00<br>(3) Lessons<br>(3) Lap Swim  | 9:30 - 11:00<br>(3) Lessons<br>(3) Lap Swim   |
| 11:00 - 12:00<br><b>Closed<br/>Maintenance</b>  | 11:00 - 12:00<br>(2) Adult Rec.<br>(4) Lap Swim | 11:00 - 12:00<br>(2) Adult Rec.<br>(4) Lap Swim               | 10:30 - 11:30<br><b>Closed<br/>Maintenance</b> | 10:40 - 11:40<br><b>Adaptive Adult<br/>NO LAP</b> | 11:00 - 1:15<br><b>Lessons<br/>NO LAP</b>    | 11:00 - 12:00<br><b>Lessons<br/>NO LAP</b>    |
| 12:00 - 12:30<br>(6) Lap Swim                   | 12:00 - 12:30<br>(6) Lap Swim                   | 12:00 - 12:30<br>(6) Lap Swim                                 | 11:30 - 1:15<br>(6) Lap Swim                   | 11:50 - 12:50<br>(2) Adult Rec.<br>(4) Lap Swim   | 1:30 - 2:30<br><b>Family Swim<br/>NO LAP</b> | 12:15 - 1:30<br><b>Family Swim<br/>NO LAP</b> |
| 12:40 - 3:30<br>(6) Lap Swim                    | 12:30 - 3:20<br>(6) Lap Swim                    | 12:30 - 3:30<br>(6) Lap Swim                                  | 1:15 - 2:15<br>(3) Lessons<br>(3) Lap Swim     | 12:50 - 3:50<br>(6) Lap Swim                      |  |   |
| 3:45 - 5:15<br><b>Lessons/Jr. M<br/>NO LAP</b>  | 3:30 - 4:15<br>(3) Lessons<br>(3) Lap Swim      | 3:45 - 5:15<br><b>Lessons/Jr. M<br/>NO LAP</b>                | 2:15 - 3:15<br>(2) Adult Rec<br>(4) Lap Swim   | 4:00 - 5:00<br><b>Club Kid<br/>NO LAP</b>         |  |   |
| 5:15 - 6:15<br><b>Lessons/B.I.T.<br/>NO LAP</b> | 4:15 - 6:15<br><b>Lessons/BIT<br/>NO LAP</b>    | 5:15 - 6:15<br><b>Lessons/B.I.T.<br/>NO LAP</b>               | 3:15 - 4:00<br>(3) Lessons<br>(3) Lap Swim     | 5:15 - 6:30<br>(4) Family Swim<br>(2) Lap Swim    |  |   |
| 6:30 - 7:15<br><b>Aquacize<br/>With Nancy</b>   | 6:30 - 7:15<br><b>Aquacize<br/>With Isabel</b>  | 6:30 - 7:15<br><b>Aquacize<br/>With Nancy</b>                 | 4:00 - 6:30<br><b>Lessons/BIT<br/>NO LAP</b>   |   |  |   |
| 7:25 - 8:45<br>(6) Lap Swim                     | 7:25 - 8:45<br>(6) Lap Swim                     | 7:25 - 8:45<br>(6) Lap Swim                                   | 6:35 - 8:45<br>(6) Lap Swim                    |   |  | Schedule<br>Updated<br>3/22/22                |

### 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/B.I.T./Jr.M**—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.

**DEEP REC.**— Members age 13 & older may use the time to aquacize on your own, aqua jog, or even just relax in the deep end only.

**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.**

**Adaptive Adult**— For more information please contact Member Services at [contactus@middletownymca.org](mailto:contactus@middletownymca.org)

**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](mailto:middletownaquatics@middletownymca.org)