



POOL SCHEDULE

YMCA OF MIDDLETOWN

Effective: 9/12/22-11/13/22

YMCA OF MIDDLETOWN
 81 Highland Avenue
 Middletown, NY 10940
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:30 (6) Lap Swim	5:30 - 6:30 MASTERS NO LAP	5:15 - 6:30 (6) Lap Swim	5:30 - 6:30 MASTERS NO LAP	5:15 - 6:30 (6) Lap Swim		
6:30 - 8:50 (6) Lap Swim	6:30 - 8:50 (6) Lap Swim	6:30 - 8:50 (6) Lap Swim	6:30 - 8:50 (6) Lap Swim	6:30 - 8:50 (6) Lap Swim	7:00 - 8:00 (3) MASTERS (3) Lap Swim	
9:00 - 9:45 Aquacize With Paris	9:00 - 9:45 Aquacize With Paris	9:00 - 9:45 Aquacize With Christine	9:00 - 9:45 Aquacize With Paris	9:00 - 9:45 Aquacize With Isabel	8:00 - 9:00 (6) Lap Swim	8:00 - 9:20 (6) Lap Swim
10:00 - 11:00 (4) Lap Swim (2) Adult Rec.	10:00 - 11:00 Lessons NO LAP	10:00 - 11:00 (3) Lessons (3) Lap Swim (3) Deep Rec.	9:45 - 10:30 Aquacize With Paris	9:45 - 10:30 Aquacize With Paris	9:15 - 10:50 (3) Lessons (3) Lap Swim	9:30 - 10:50 (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 - 11:40 Adaptive Adult NO LAP	11:00 - 1:15 Lessons NO LAP	11:00 - 12:00 Lessons NO LAP
12:00 - 12:30 (6) Lap Swim	12:00 - 12:30 (6) Lap Swim	12:00 - 12:30 (6) Lap Swim	11:30 - 1:10 (6) Lap Swim	11:50 - 1:00 (2) Adult Rec. (4) Lap Swim	1:30 - 2:30 Family Swim NO LAP	12:15 - 1:30 Family Swim NO LAP
12:30 - 3:20 (6) Lap Swim	12:30 - 3:20 (6) Lap Swim	12:30 - 3:20 (6) Lap Swim	1:15 - 2:15 (3) Lessons (3) Lap Swim	1:00 - 3:50 (6) Lap Swim		
3:30 - 5:15 Lessons/Jr. M NO LAP	3:30 - 4:15 (3) Lessons (3) Lap Swim	3:30 - 5:15 Lessons/Jr. M NO LAP	2:15 - 3:15 (2) Adult Rec (4) Lap Swim	4:00 - 5:15 (4) Club Kid (2) Lessons		
5:15 - 6:15 Lessons/B.I.T. NO LAP	4:15 - 6:00 Lessons/BIT NO LAP	5:15 - 6:15 Lessons/B.I.T. NO LAP	3:15 - 4:00 (3) Lessons (3) Lap Swim	5:30 - 6:30 (4) Family Swim (2) Lap Swim		
6:30 - 7:15 Aquacize With Nancy	6:15 - 7:00 Aquacize With Isabel	6:30 - 7:15 Aquacize With Nancy	4:00 - 6:30 Lessons/BIT NO LAP			
7:25 - 8:45 (6) Lap Swim	7:25 - 8:45 (6) Lap Swim	7:25 - 8:45 (6) Lap Swim	6:35 - 8:45 (6) Lap Swim			Schedule Updated 9/8/22

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

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