



POOL SCHEDULE

YMCA OF MIDDLETOWN

Effective: 9/11/23-11/19/23

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 8:50 (6) Lap Swim	5:15 - 8:50 (6) Lap Swim	5:15 - 8:50 (6) Lap Swim	5:15 - 8:50 (6) Lap Swim	5:15 - 8:50 (6) Lap Swim		
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	7:00 - 9:00 (6) Lap Swim	8:00 - 9:50 (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) Lap Swim (3) Deep Rec. ONLY	10:00-12:00 Closed Maintenance	9:45 - 10:30 Aquacize	9:15 - 1:15 Lessons NO LAP	10:00 - 12:30 Lessons NO LAP
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	12:00 - 2:00 (6) Lap Swim	10:40 - 11:40 Adaptive Adult NO LAP	1:30 - 3:30 Family Swim NO LAP	12:45-2:30 Family Swim NO LAP
12:00 - 3:50 (6) Lap Swim	12:00 - 3:50 (6) Lap Swim	12:00 - 3:50 (6) Lap Swim	2:00 - 3:50 (2) Adult Rec (4) Lap Swim	11:50 - 1:00 (2) Adult Rec. (4) Lap Swim		
4:00 - 5:15 (3) Lessons (3) Lap Swim	4:00- 6:00 Lessons NO LAP	4:00 - 6:15 Lessons NO LAP	4:00 - 5:30 (3) Lessons (3) Lap Swim	1:00 - 3:50 (6) Lap Swim		
5:15 - 6:15 Lessons NO LAP	6:15 - 7:00 Aquacize	6:30 - 7:15 Aquacize	5:30- 6:30 Lessons NO LAP	4:00 - 5:00 (2) Club Kid (4) Lap Swim		
6:30 - 7:15 Aquacize	7:10 - 8:45 (6) Lap Swim	7:25 - 8:45 (6) Lap Swim	6:35 - 8:45 (6) Lap Swim	5:15 - 6:30 Family Swim NO LAP		
7:25 - 8:45 (6) Lap Swim						Updated 9/13/23 Schedule

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.—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, **NO LAP SWIM UNLESS NOTED.** 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.

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 white board for updates regularly.

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