



POOL SCHEDULE

SOUTH ORANGE FAMILY YMCA

(9/11/23 - 10/01/23)

SOUTH ORANGE FAMILY YMCA
45 Gilbert St Ext
Monroe, NY 10950
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:30 Masters Open Swim	5:15 - 8:50 Open Swim Lap Swim	5:15 - 6:30 Masters Open Swim	5:15 - 8:50 Open Swim Lap Swim	5:15 - 6:30 Masters Open Swim	7:00 - 8:50 Lap Swim	8:00 - 9:00 Lap Swim
6:30 - 8:50 Open Swim Lap Swim		6:30 - 8:50 Open Swim Lap Swim		6:30 - 8:50 Open Swim Lap Swim	9:00 - 9:45 Aquacize Alternating Instructor	9:15 - 12:30 Lessons
9:00 - 9:45 Aquacize Elizabeth	9:00 - 9:45 Aquacize Elizabeth	9:00 - 9:45 Aquacize Melissa	9:00 - 9:45 Aquacize Elizabeth	9:00 - 9:45 Aquacize Athena	10:00 - 1:15 Lessons	12:45 - 2:30 Family Swim (2) Lap Swim
10:00 - 11:00 Lessons	10:00 - 11:00 Lessons	10:00 - 11:00 Lessons	10:00 - 11:00 Lessons	10:00 - 11:45 POOL MAINTENANCE	1:30 - 3:30 Family Swim (2) Lap Swim	
11:00 - 1:45 POOL MAINTENANCE	11:15 - 3:50 Open Swim Lap Swim	11:15 - 3:50 Open Swim Lap Swim	11:15 - 3:50 Open Swim Lap Swim	12:00 - 4:30 Open Swim Lap Swim		
2:00 - 3:50 Open Swim Lap Swim						
4:00 - 6:15 Lessons	4:00 - 6:15 Lessons	4:00 - 7:00 Lessons	4:00 - 6:15 Lessons	4:30 - 5:30 Swim & Gym		
6:15 - 7:00 Aquacize Athena	6:15 - 7:00 Aquacize Athena		6:15 - 7:00 Aquacize Athena	5:30-6:30 Family Swim (2) Lap Swim		
7:05-8:30 Family Swim (2) Lap Swim	7:05- 8:30 Lap Swim	7:05-8:30 Family Swim (2) Lap Swim	7:05- 8:30 Lap Swim			Updated 9/05/23

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.**

MASTERS - This coach led program is available to members age 18 and older. **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.

SWIM&GYM– Participants must be age 7-12 and develop overall coordination and athleticism. **Registration is required.**

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.

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