



# POOL SCHEDULE

## SOUTH ORANGE FAMILY YMCA

Feb. 5 - Apr. 21, 2024

SOUTH ORANGE FAMILY YMCA  
45 Gilbert St Ext  
Monroe, NY 10950  
(P) 845 782 9622  
(W) middletownymca.org

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 - 9:45 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 <b>Aquacize</b> Elizabeth	9:00 - 9:45 <b>Aquacize</b> Elizabeth	9:00 - 9:45 <b>Aquacize</b> Melissa	9:00 - 9:45 <b>Aquacize</b> Elizabeth	9:00 - 9:45 <b>Aquacize</b> Athena	10:00 - 1:15 <b>Lessons</b> Alternating Instructor
10:00 - 11:45 <b>CLOSED FOR MAINTENANCE</b>	10:00 - 11:00 <b>Lessons</b> (2) Lap Swim	10:00 - 11:00 <b>Lessons</b> (2) Lap Swim	10:00 - 11:00 <b>Lessons</b> (2) Lap Swim	10:00 - 11:45 <b>CLOSED FOR MAINTENANCE</b>	1:30 - 3:00 <b>Family Swim</b> (2) Lap Swim					
12:00 - 3:50 Open Swim Lap Swim	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						
4:00 - 6:30 <b>Lessons</b>	4:00 - 4:30 <b>Lessons</b>	4:00 - 7:00 <b>Lessons</b>	4:00 - 4:30 <b>Lessons</b>	4:30 - 5:30 (2) Lap Swim						
	4:30 - 5:30 <b>Swim Team</b>		4:30 - 5:30 <b>Swim Team</b>							
	5:30 - 6:30 (2) <b>Lessons</b> (2) <b>Swim Team</b>		5:30 - 6:30 (2) <b>Lessons</b> (2) <b>Swim Team</b>	5:30-6:30 <b>Private Lessons</b>						
6:30 - 7:15 <b>Aquacize</b> Athena	6:30 - 7:15 <b>Aquacize</b> Athena	7:00 - 9:00 <b>Swim Team</b>	6:30 - 9:30 <b>Family Swim</b> (2) Lap Swim							
7:20 - 9:30 <b>Family Swim</b> (2) Lap Swim	7:20 - 9:30 Lap Swim	9:00-9:30 <b>CLOSED FOR MAINTENANCE</b>								

### 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, age 7-12, will 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