



# POOL SCHEDULE

## YMCA OF MIDDLETOWN

Effective: 9/9/24-11/17/24

**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 (2) Adult Rec. (4) Lap Swim	10:00 - 11:00 <b>Lessons</b> NO LAP	10:00 - 11:00 (3) Lap Swim (3) Deep Rec. <b>ONLY</b>	10:00-12:00 <b>Closed</b> <b>Maintenance</b>	9:50 - 10:35 Aquacize	9:15 - 1:15 <b>Lessons</b> NO LAP	10:00 - 12:30 <b>Lessons</b> NO LAP
11:00 - 12:00 <b>Closed</b> <b>Maintenance</b>	11:00 - 12:00 (2) Adult Rec. (4) Lap Swim	11:00 - 12:00 (2) Adult Rec. (4) Lap Swim	12:00 - 1:15 (6) Lap Swim	10:45 - 11:45 <b>Adaptive Adult</b> 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	1:15 - 2:30 (3) Lessons (3) Lap Swim	11:50 - 1:00 (2) Adult Rec. (4) Lap Swim		
3:50 - 6:15 <b>Lessons</b> NO LAP	3:50 - 6:00 <b>Lessons</b> NO LAP	3:50 - 6:15 <b>Lessons</b> NO LAP	2:30-3:50 (3) Adult Rec. (3) Lap Swim	1:00 - 3:50 (6) Lap Swim		
6:30 - 7:15 Aquacize	6:15 - 7:00 Aquacize	6:30 - 7:15 Aquacize	3:50- 6:30 <b>Lessons</b> NO LAP	4:00 - 5:00 (2) Club Kid (4) Lap Swim		
7:25 - 9:45 (6) Lap Swim	7:10 - 9:45 (6) Lap Swim	7:25 - 9:45 (6) Lap Swim	6:35 - 9:45 (6) Lap Swim	5:15 - 6:30 Family Swim NO LAP		Updated 9/4/24 Schedule

### POOL SCHEDULE INFORMATION

**LOCKER ROOMS** — Families with children 12 & under **MUST** use the Family/Unisex 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. Proper and Appropriate swimwear is required.

**LESSONS/B.I.T.**—These times are reserved for group or private swim lessons. **BIT:** Water is strongly recommended. 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. **ALL FLOATATION DEVICES NEED TO HAVE THE USCG APPROVED STAMP.** Proper and Appropriate swimwear is required. Changing is prohibited on the pool deck.

**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 white board and app for updates regularly.**

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