



POOL SCHEDULE

YMCA OF MIDDLETOWN

11/11/24 - 12/13/24

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

The Middletown Pool will be temporarily closed for resurfacing beginning December 14.
Please follow us on social media or visit our website www.middletownymca.org/aquatics for updates.

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 - 9:45 (6) Lap Swim	8:00 - 9:50 (6) Lap Swim
10:00 - 11:00 (2) Adult Rec. (4) Lap Swim	10:00 - 11:00 (3) Lessons (3) Lap Swim	10:00 - 11:00 (3) Lap Swim (3) Deep End Rec.	10:00-12:00 Closed Maintenance	9:50 - 10:35 Aquacize	10:00-12:45 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 - 1:15 (6) Lap Swim	10:45 - 11:45 Adaptive Adult NO LAP	1:00 - 3:00 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 - 6:00 Lessons No Lap	3:50 - 6:00 Lessons NO LAP	3:50 - 4:30 (3) Lessons (3) Lap Swim	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	4:30 - 6:15 Lessons No Lap	3:50 - 6:30 Lessons 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	6:30 - 7:15 Aquacize	6:35 - 9:45 (6) Lap Swim	5:15 - 6:30 Family Swim NO LAP		
		7:25 - 9:45 (6) Lap Swim				Updated 11/08/24 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

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