



# POOL SCHEDULE

## YMCA OF MIDDLETOWN

### 1/13/25-2/2/25

**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 - 11:45 (6) Lap Swim	8:00 - 11:45 (6) Lap Swim
10:00 - 11:00 (2) Adult Rec. (4) Lap Swim	10:00 - 12:00 (2) Adult Rec. (4) Lap Swim	10:00 - 12:00 (2) Adult Rec. (4) Lap Swim	10:00-11:00 <b>Closed Maintenance</b>	9:50 - 10:35 Aquacize	12:00 - 3:30 Family Swim NO LAP	12:00 - 2:30 Family Swim NO LAP
11:00 - 12:00 <b>Closed Maintenance</b>	12:00 - 6:05 (6) Lap Swim	12:00 - 6:20 (6) Lap Swim	11:00 - 2:00 (2) Adult Rec. (4) Lap Swim	10:45 - 11:45 Adaptive Adult NO LAP		
12:00 - 6:20 (6) Lap Swim	6:15 - 7:00 Aquacize	6:30 - 7:15 Aquacize	2:00 - 9:45 (6) Lap Swim	11:50 - 1:00 (2) Adult Rec. (4) Lap Swim		
6:30 - 7:15 Aquacize	7:10 - 9:45 (6) Lap Swim	7:25 - 9:45 (6) Lap Swim		1:00 - 3:45 (6) Lap Swim		
7:25 - 9:45 (6) Lap Swim				4:00- 6:30 Family Swim NO LAP		
						Updated 12/30/2024 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)