



YMCA OF MIDDLETOWN

POOL SCHEDULE

6/29/2026-8/28/2026

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 – 8:00am (6) Lap Swim	5:15–8:00am (6) Lap Swim	5:15–8:00am (6) Lap Swim	5:15 – 8:00am (6) Lap Swim	5:15 – 8:00am (6) Lap Swim		
8:00 – 8:50am (4) Lap Swim (2) Adult Rec	8:00–8:50am (4) Lap Swim (2) Adult Rec	8:00–8:50am (4) Lap Swim (2) Adult Rec	8:00 – 8:50am (4) Lap Swim (2) Adult Rec	8:00 – 8:50am (4) Lap Swim (2) Adult Rec	7:00–9:50am (6) Lap Swim	8:00–9:50am (6) Lap Swim
9:00 – 9:45am Aquacize	9:00–9:45am Aquacize	9:00–9:45am Aquacize	9:00 – 9:45am Aquacize	9:00 – 9:45am Aquacize	10:00–1:45pm Lessons No Lap	10:00–12:45pm Lessons No Lap
Pool Closed for Camp 10:00am–12:00pm					2:00–3:15pm Family Swim	1:00–2:15pm Family Swim
12:15–1:15pm (6) Lap Swim	12:15–1:15pm (6) Lap Swim	12:15–1:15pm (6) Lap Swim	12:15–1:15pm (6) Lap Swim	12:15–1:15pm (6) Lap Swim	3:30–4:30pm (6) Lap Swim	2:30–3:30pm (6) Lap Swim
Pool Closed for Camp 1:30–4:00pm					Important Dates: Annual Maintenance 8/29–9/13/26 Updated pool schedule will be posted in September.	
4:00 – 6:30pm (3) Lessons (3) Lap Swim	4:00–6:15pm Lessons NO LAP	4:00 – 6:15pm Lessons NO LAP	4:00 – 6:45pm Lessons NO LAP	4:15–5:45pm (6) Lap Swim		
6:45 – 7:30pm Aquacize	6:30–7:15pm (4) Lap Swim (2) Adult Rec	6:30 – 7:15pm Aquacize	7:00– 9:45pm (6) Lap Swim	6:00 – 7:30pm Family Swim		
7:45 – 9:45pm (6) Lap Swim	7:30–9:45pm (6) Lap Swim	7:30– 9:45pm (6) Lap Swim				

IMPORTANT POOL SCHEDULE INFORMATION

LOCKER ROOMS — Between the hours of 9:45am – 3:30pm Mon. – Fri. the family and Universal locker rooms will be in use for camp. Members 13 & older must use the designated adult locker rooms. Families with children 12 & under must use the family locker rooms.

LAP SWIM — **MUST circle swim when more than 2 swimmers occupy a lane. Lifeguard on duty reserves the right to re-assign lanes based on speed/ability.** For ages 13 & older. Must swim continuously from one end of the pool to the other.

ADULT REC. — Members age 13 & older may use the time to Aquacize on your own, Aqua Jog, or even just relax.

AQUACIZE — Participants must be 13yrs & 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 as well as the rules of the class.

LESSONS/B.I.T. – These times are reserved for group or private lessons. Registration is required.

CAMP– These times are reserved for our Summer Camp Program. Registration is required.

FAMILY SWIM — **NO INFLATABLE DEVICES ALLOWED.** Open swim for families. All children under 7 and any non-swimmers (Anyone who needs a flotation device) must be under direct supervision by an adult in the water. Swimmers 7–12 years must be supervised by an adult in the pool area.

This schedule is subject to change at any time. Check pool white board for any changes.

Please contact the Aquatics Office with any questions: (P) 845 956 1549 or (E) middletownaquatics@middletownymca.org