



**Middletown YMCA**  
**Aquatic Schedule**  
**Winter 1 2012**  
**January 1st - February 18th**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
5:00 AM	<div style="background-color: black; width: 100%; height: 100%;"></div>													
5:30 AM								Open Swim (3 lanes)	Lap Swim (3 lanes)	Open Swim (3 lanes)	Lap Swim (3 lanes)	Open Swim (3 lanes)	Lap Swim (3 lanes)	
6:00 AM														
6:30 AM	<div style="background-color: black; width: 100%; height: 100%;"></div>													
7:00 AM								7:15-7:30a Safety Break						
7:30 AM								Open Swim (3 lanes)	Lap Swim (3 lanes)	Open Swim (3 lanes)	Lap Swim (3 lanes)	Open Swim (3 lanes)	Lap Swim (3 lanes)	
8:00 AM						Open Swim (3 lanes)	<div style="background-color: yellow; width: 100%; height: 100%;"></div>							
8:30 AM														
9:00 AM														
9:30 AM			Water Fit. 9:00-9:45a		Water Fit. 9:00-9:45a		Wahoos 4 lanes 8:15a-11:15a							
10:00 AM	Water Fit. 10:15a-11a	Deep Water 9:45-10:15a	Water Fit. 10:15-11a	Deep Water 9:45-10:15a	Water Fit. 10:00-10:45a	Swim Lessons 10:30a-12:30p (1 lane)								
10:30 AM														
11:00 AM	Volleyball 11a-1p shallow end	Open Swim (3 lanes)	Volleyball 11a-1p shallow end	Open Swim (3 lanes)	Volleyball 11a-1p shallow end	Open Swim (3 lanes)	Lap Swim (3 lanes)							
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM	Open Swim (3 lanes)		Open Swim (3 lanes)		Open Swim (2-3 lanes)		Open Swim (3 lanes)							
1:30 PM							Lap Swim (3 lanes)							
2:00 PM														
2:30 PM														
3:00 PM	Middletown and Carlisle 3-4pm (5-6 lanes)	Middletown and Carlisle 3-4pm (5-6 lanes)	Middletown and Carlisle 3-4pm (5-6 lanes)	Middletown and Carlisle 3-4pm (5-6 lanes)	Middletown High School 3-4pm (4 lanes)									
3:30 PM						pool closes at 3:30pm	pool closes at 3:30pm							
4:00 PM	Middletown and Wahoos 4-5pm (6 lanes)	Middletown and Wahoos 4-5pm (6 lanes)	Middletown and Wahoos 4-5pm (6 lanes)	Middletown and Wahoos 4-5pm (6 lanes)	Middletown and Wahoos 4-5pm (6 lanes)									
4:30 PM														
5:00 PM	Open Swim (2 lanes)	Wahoos 4-5 lanes 6-7:30p		Wahoos 4 lanes 6-7:30p	Wahoos 4 lanes 6-7:30p	Open Swim (2 lanes)	Wahoos 4 lanes 5-6:30p							
5:30 PM			Cardio Splash 5:30-6:15p	Wahoos 4 lanes 6-7:30p	Cardio Splash 5:30-6:15p									
6:00 PM			Deep Water 6:15-7:00p	Wahoos 4 lanes 6-7:30p	Deep Water 6:15-7:00p									
6:30 PM						pool closes at 6:30pm								
7:30 PM		Fenwick 7:30 to 8:30p (3)	Fenwick 7:30 to 8:30p (3)	Open Swim (2 lanes)	Fenwick 7:30 to 8:30p (3)									
8:00 PM														
8:30 PM														

Please stay up to date with possible changes in practice schedules. During holiday breaks, swim team may be practicing at different times. Signs will be posted ahead of time.  
 Please ask a lifeguard if you have any questions!!