

MIDDLETOWN AREA FAMILY YMCA

LAP POOL SCHEDULE | DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a	6:00a	6:00a	6:00a	6:00a	
LAP SWIM	EAP SWIM 8:00a Aqua Zumba 9:00a Aqua Fit	LAP SWIM	EAP SWIM 8:00a Aqua Zumba 9:00a Aqua Fit	LAP SWIM	8:00a-11:00a
10:00a Cardio Splash		10:00a Cardio Splash			
12:00p	12:00p	12:00p	12:00p	12:00p	
POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	Reservations are required for all lap swim and group
3:00p-7:00p	3:00p-7:00p	3:00p-7:00p	3:00p-7:00p	3:00p-7:00p	exercise classes.
LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	