



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIDDLETOWN AREA FAMILY YMCA

LAP POOL SCHEDULE | JANUARY 2023

MONDAY

6:00a
LAP SWIM

10:00a
Cardio Splash

12:00p
POOL CLOSED

3:00p-7:00p
LAP SWIM

TUESDAY

6:00a
LAP SWIM

8:00a
Aqua Zumba

9:00a
Aqua Fit

12:00p
POOL CLOSED

3:00p-7:00p
LAP SWIM

WEDNESDAY

6:00a
LAP SWIM

10:00a
Cardio Splash

12:00p
POOL CLOSED

3:00p-7:00p
LAP SWIM

THURSDAY

6:00a
LAP SWIM

8:00a
Aqua Zumba

9:00a
Aqua Fit

12:00p
POOL CLOSED

3:00p-7:00p
LAP SWIM

FRIDAY

6:00a
LAP SWIM

12:00p
POOL CLOSED

3:00p-7:00p
LAP SWIM

SATURDAY

8:00a-11:00a
LAP SWIM

Reservations are required for all lap swim and group exercise classes.