

MIDDLETOWN AREA FAMILY YMCA LAP POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	:00a	6:00a	6:00a	6:00a	6:00a	
		LAP SWIM		LAP SWIM		8:00a-11:00a
	LAP SWIM	8:00a Aqua Zumba 9:00a Aqua Fit	LAP SWIM	8:00a Aqua Zumba 9:00a Aqua Fit	LAP SWIM	LAP SWIM
	0:00a ardio Splash		10:00a Cardio Splash			
1	2:00p	12:00p	12:00p	12:00p	12:00p	
l	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	Reservations are required for all lap swim and group
3:0	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	