



Middletown YMCA
 Aquatic Schedule
 Spring 2012
 April 1 - May 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM								
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								
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)	Lap Swim (3 lanes)	
8:30 AM								
9:00 AM						Swim Lessons		
9:30 AM								
10:00 AM	Water Fit. 10:15a-11a	Water Fit. 9:00-9:45a Deep Water 9:45-10:15a	Water Fit. 10:15-11a	Water Fit. 9:00-9:45a Deep Water 9:45-10:15a	Water Fit. 10:00-10:45a	9:00a-12:30p (1-2 lanes)		
10:30 AM								
11:00 AM								
11:30 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)		
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								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM		Cardio Splash 5:30-6:15p	Lessons 5-7:30p	Cardio Splash 5:30-6:15p				
6:00 PM								
6:30 PM		Deep Water 6:15-7:00p		Deep Water 6:15-7:00p				
7:30 PM			Open Swim (2 lanes)					
8:00 PM								
8:30 PM								

pool closes at 3:30pm pool closes at 3:30pm

pool closes at 6:30pm

pool closes at 8:30pm

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!!