

the MIDDLESEX YMCA – LARGE POOL SCHEDULE updated 4.24.2025



*The number of lap lanes may change due to programming and unexpected pool use without prior notice. Check our website for the most accurate schedule of programming, events, and changes to lane availability. www.midymca.org/schedules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:15am–6:30am	Lap Swim 5:15am–6:30am	Lap Swim 5:15am–6:30am	Lap Swim 5:15am–6:30am	Lap Swim 5:15am–6:30am	Lap Swim 7:00am–9:15am	Lap Swim 7:00am–8:30am
CLOSED 6:30am–6:45am	CLOSED 6:30am–6:45am	CLOSED 6:30am–6:45am	CLOSED 6:30am–6:45am	CLOSED 6:30am–6:45am	9:15am–12:00pm 3 LANES SWIM LESSONS 1-2 LANES LAP SWIM	8:45am – 1:00pm 3 LANES SWIM LESSONS 1-2 LANES LAP SWIM
Lap Swim 6:45am–9:35am	Lap Swim 6 LANES 6:45am–5:30pm	Lap Swim 6:45am–9:35am	Lap Swim 6 LANES 6:45am–5:30pm	Lap Swim 6:45am–9:35am	Lap Swim 12:00pm–3:30	Lap Swim 1:00–3:30pm
Water Warriors Water Ex Class 9:45am–10:45am REGISTRATION REQUIRED		Water Warriors Water Ex Class 9:45am–10:45am REGISTRATION REQUIRED		Water Warriors Water Ex Class 9:45am–10:45am REGISTRATION REQUIRED	*SUBJECT TO CHANGE. Please check signage & online schedules for up to date info.	*SUBJECT TO CHANGE. Please check signage & online schedules for up to date info.
Lap Swim 6 LANES 10:55am–5:30pm		Lap Swim 6 LANES 10:55am–5:30pm		Lap Swim 6 LANES 10:55am–5:30pm		
5:30pm–8:00pm 5 LANES – LAP SWIM 1 LANE RESERVED	5:30pm–8:00pm 5 LANES – LAP SWIM 1 LANE RESERVED	5:30pm–8:00pm 5 LANES – LAP SWIM 1 LANE RESERVED	5:30pm–8:00pm 5 LANES – LAP SWIM 1 LANE RESERVED	5:30pm–8:00pm 5 LANES – LAP SWIM 1 LANE RESERVED	YMCA CLOSING AT 4PM	YMCA CLOSING AT 4PM

Download our MOBILE APP for notifications and facility changes, and our WEBSITE for our program schedules.

the MIDDLESEX YMCA – SMALL POOL SCHEDULE updated 5.15.2025



*This schedule is subject to change. Check out website for the most accurate and up to date version. www.midymca.org/schedules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Workout Water Ex Program 8:30am–9:30am REGISTRATION REQUIRED		Water Workout Water Ex Program 8:30am–9:30am REGISTRATION REQUIRED		Water Workout Water Ex Program 8:30am–9:30am REGISTRATION REQUIRED	RESERVED SWIM LESSONS 8:30am–12:45pm	RESERVED SWIM LESSONS 8:30am–12:30pm
Adult Swim 9:45am–NOON		Adult Swim 9:45am–NOON	AquaStride 12:15pm – 1:15pm REGISTRATION REQUIRED	Adult Swim 9:45am–NOON	Open Swim 12:45 pm–3:30pm	Open Swim 12:30 pm–3:30pm
	AquaStride Program 12:45–1:45pm REGISTRATION REQUIRED		Adult Swim 2:00pm–4:00pm		Download our MOBILE APP for notifications and facility changes.	*SUBJECT TO CHANGE for PARTY RESERVATIONS Please check signage & online schedules for up to date info.
		SENSORY SWIM 2:00–4:00pm	Aqua Zen 4:15–5:15pm REGISTRATION REQUIRED			
Open Swim 4:00pm – 6:00pm	Aqua Zumba Water Ex Program 5:30pm–6:30pm REGISTRATION REQUIRED	Open Swim 4:00pm – 6:00pm RESERVED 6-7	H2O BOOTCAMP 5:30–6:30pm REGISTRATION REQUIRED	Open Swim 4:30pm – 6:30pm		