



Bennington Recreation Center
655 Gage Street Bennington, VT 05201
(802) 442-1053



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 7th – November 2nd 2019 MORNING POOL SCHEDULE: (6AM-1PM)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	8) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	9) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	10) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 11:30-12:55p	11) Lap Swim 6-8:55a Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	12) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
13)	14) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	15) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	16) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	17) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 11:30-12:55p	18) Lap Swim 6-8:55a Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	19) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
20)	21) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	22) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	23) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	24) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 11:30-12:55p	25) Lap Swim 6-8:55a Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	26) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
27)	28) Lap Swim 6-8:55a School Groups 9-11:00 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	29) Lap Swim 8-8:55a School Groups 9-10:30 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12:00 Lap Swim 12:00-12:55p	30) Lap Swim 6-8:55a School Groups 9-10:00a DYO Exercise 10:00-11:00 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	31) Lap Swim 8-8:55a School Groups 9-10:30 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12p Lap Swim 12-12:55p	1) Lap Swim 6-8:55a Aqua Cardio 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	2) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p



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Lap Swimming Tips
Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get all swimmer's acknowledgement that you are there. Directions: The "circle" swimming format is always in effect in all lap lanes (counter clockwise.).

***Schedule is subject to change.**
***Multiple activities are often scheduled at the same time.**
***Limited Lap Lanes During**

****NEXT SCHEDULE BEGINS NOV. 3rd ****

Aquatics Director:
Morgan Flynn
mflynn@bfymca.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6) Lap Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get all swimmer's acknowledgement that you are there. Directions: The "circle" swimming format is always in effect in all lap lanes (counter clockwise.).	7) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	8) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Masters 7:30-8:30p	9) Aqua Tai Chi 1-2p Swim Lessons/2 Lap Lanes 4-5p Family/Lap Swim 5-6:00p Lap Swim 6:00-7:30p Open/Lap Swim 7:30-8:30p	10) Family Swim 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Open/Lap Swim 7:30-8:30p	11) School Group 1-2p Marauders 4-5:30p Family/Lap Swim 5:30-6:30 Open/Lap Swim 6:30-7:30p Lap Swim 7:30-8:30p	12) Lap Swim 1:15-2:30p Open Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p	
	13) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	14) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Masters 7:30-8:30p	15) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Open/Lap Swim 7:30-8:30p	16) Aqua Tai Chi 1-2p Swim Lessons/2 Lap Lanes 4-5p Family/Lap Swim 5-6:00p Lap Swim 6:00-7:30p Open/Lap Swim 7:30-8:30p	17) Family Swim 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Open/Lap Swim 7:30-8:30p	18) School Group 1-2p Marauders 4-5:30p Family/Lap Swim 5:30-6:30 Open/Lap Swim 6:30-7:30p Lap Swim 7:30-8:30p	19) Lap Swim 1:15-2:30p Open Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p
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Swim Time Explanations: