



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**October 7<sup>th</sup> – November 2<sup>nd</sup> 2019 MORNING POOL SCHEDULE: (6AM-1PM)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-11a <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	8) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30a <b>Water Exercise</b> 10:30-11:30a <b>Sr./Therapy</b> 11:30-12p <b>Lap Swim</b> 12-12:55p	9) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-10a <b>DYO Exercise</b> 10-11a <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	10) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30a <b>Water Exercise</b> 10:30-11:30a <b>Sr./Therapy</b> 11:30-12p <b>Lap Swim</b> 12-12:55	11) <b>Lap Swim</b> 6-8:55a <b>Aqua fit</b> 9:30-10:30a <b>Sr./Therapy</b> 11:00-11:30a <b>Lap Swim</b> 11:30-12:55p	12) <b>Marauders</b> 9-10:30a <b>Masters</b> 10:30-11:50a <b>Pool Party</b> 12:00-1:00p
13)	14) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-11a <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	15) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30a <b>Water Exercise</b> 10:30-11:30a <b>Sr./Therapy</b> 11:30-12p <b>Lap Swim</b> 12-12:55p	16) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-10a <b>DYO Exercise</b> 10-11a <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	17) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30a <b>Water Exercise</b> 10:30-11:30a <b>Sr./Therapy</b> 11:30-12p <b>Lap Swim</b> 12-12:55p	18) <b>Lap Swim</b> 6-8:55a <b>Aqua fit</b> 9:30-10:30a <b>Sr./Therapy</b> 11:00-11:30a <b>Lap Swim</b> 11:30-12:55p	19) <b>Marauders</b> 9-10:30a <b>Masters</b> 10:30-11:50a <b>Pool Party</b> 12:00-1:00p
20)	21) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-11a <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	22) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30a <b>Water Exercise</b> 10:30-11:30a <b>Sr./Therapy</b> 11:30-12p <b>Lap Swim</b> 12-12:55p	23) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-10a <b>DYO Exercise</b> 10-11a <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	24) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30a <b>Water Exercise</b> 10:30-11:30a <b>Sr./Therapy</b> 11:30-12p <b>Lap Swim</b> 12-12:55p	25) <b>Lap Swim</b> 6-8:55a <b>Aqua fit</b> 9:30-10:30a <b>Sr./Therapy</b> 11:00-11:30a <b>Lap Swim</b> 11:30-12:55p	26) <b>Marauders</b> 9-10:30a <b>Masters</b> 10:30-11:50a <b>Pool Party</b> 12:00-1:00p
27)	28) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-11:00 <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	29) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30 <b>Water Exercise</b> 10:30-11:30 <b>Sr./Therapy</b> 11:30-12:00 <b>Lap Swim</b> 12:00-12:55p	30) <b>Lap Swim</b> 6-8:55a <b>School Groups</b> 9-10:00a <b>DYO Exercise</b> 10:00-11:00 <b>Sr./Therapy</b> 11-11:30a <b>Lap Swim</b> 11:30-12:55p	31) <b>Lap Swim</b> 8-8:55a <b>School Groups</b> 9-10:30 <b>Water Exercise</b> 10:30-11:30 <b>Sr./Therapy</b> 11:30-12p <b>Lap Swim</b> 12-12:55p	1) <b>Lap Swim</b> 6-8:55a <b>Aqua Cardio</b> 9:30-10:30a <b>Sr./Therapy</b> 11:00-11:30a <b>Lap Swim</b> 11:30-12:55p	2) <b>Marauders</b> 9-10:30a <b>Masters</b> 10:30-11:50a <b>Pool Party</b> 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) <b>School Groups</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Marauders</b> 5-6:30p <b>Lap Swim</b> 6:35-7:30p <b>Aqua Fit</b> 7:30-8:30p	8) <b>School Groups</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Marauders</b> 5-6:30p <b>Lap Swim</b> 6:35-7:30p <b>Masters</b> 7:30-8:30p	9) <b>Aqua Tai Chi</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Family/Lap Swim</b> 5-6:00p <b>Lap Swim</b> 6:00-7:30p <b>Open/Lap Swim</b> 7:30-8:30p	10) <b>Family Swim</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Marauders</b> 5-6:30p <b>Lap Swim</b> 6:35-7:30p <b>Open/Lap Swim</b> 7:30-8:30p	11) <b>School Group</b> 1-2p <b>Marauders</b> 4-5:30p <b>Family/Lap Swim</b> 5:30-6:30 <b>Open/Lap Swim</b> 6:30-7:30p <b>Lap Swim</b> 7:30-8:30p	12) <b>Lap Swim</b> 1:15-2:30p <b>Open Swim</b> 2:45-3:45p <b>Family Swim</b> 3:45-4:45 <b>Lap Swim</b> 5-6p
13)	14) <b>School Groups</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Marauders</b> 5-6:30p <b>Lap Swim</b> 6:35-7:30p <b>Aqua Fit</b> 7:30-8:30p	15) <b>School Groups</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Marauders</b> 5-6:30p <b>Lap Swim</b> 6:35-7:30p <b>Masters</b> 7:30-8:30p	16) <b>Aqua Tai Chi</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Family/Lap Swim</b> 5-6:00p <b>Lap Swim</b> 6:00-7:30p <b>Open/Lap Swim</b> 7:30-8:30p	17) <b>Family Swim</b> 1-2p <b>Swim Lessons/2 Lap Lanes</b> 4-5p <b>Marauders</b> 5-6:30p <b>Lap Swim</b> 6:35-7:30p <b>Open/Lap Swim</b> 7:30-8:30p	18) <b>School Group</b> 1-2p <b>Marauders</b> 4-5:30p <b>Family/Lap Swim</b> 5:30-6:30 <b>Open/Lap Swim</b> 6:30-7:30p <b>Lap Swim</b> 7:30-8:30p	19) <b>Lap Swim</b> 1:15-2:30p <b>Open Swim</b> 2:45-3:45p <b>Family Swim</b> 3:45-4:45 <b>Lap Swim</b> 5-6p
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Swim Time Explanations: