

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



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

#### DECEMBER 29<sup>TH</sup> -JANUARY 25<sup>TH</sup> 2020 MORNING POOL SCHEDULE: (6AM-1PM)

	Monday	-SANGARI 25 2020 MORNING POOL SCHEDULE. (BAM-IPM)						
Sunday		Tuesday	Wednesday	Thursday	Friday	Saturday		
)	30) Lap Swim 6-8:55a Family Swim 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	31) Lap Swim 8-8:55a Family Swim 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p FACILITY CLOSES @12pm	1) Closed	2) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55	3) Lap Swim 6-8:55a Family Swim 9:00-9:30a Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	4) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p		
5)	6) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	7) 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	8) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	9) 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	10) Lap Swim 6-8:55a Family Swim 9:00-9:30a Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	11)  Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p		
12)	13) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	14) 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	15) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	16) 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	17) Lap Swim 6-8:55a Family Swim 9:00-9:30a Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	18)  Marauders 9-10:30a  Masters 10:30-11:50a  Pool Party 12:00-1:00p		
19)	20) Closed	21) Lap Swim 8-8:55a School Groups 9-10:30 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12:00	22) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy	23) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p	24) Lap Swim 6-8:55a Family Swim 9:00-9:30a Aqua Fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	25) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p		

Aquatics and Membership Director: Morgan Flynn, mflynn@bfymca.org (802) 442-1054



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OF BENNINGS

7:30-8:30p

# FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

## 1-9pm

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 paired swims\*
- \*\*NEXT SCHEDULE BEGINS JAN. 29<sup>TH</sup> \*\*

ALL SWIMS IN GREEN ARE \$1 SWIM IF NON-MEMBER

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Sunday	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday
29)	30) Family Swim	31)FACILITY	1) Closed	2) Family Swim	3)	School Group	4) Lap Swim
	1-2p	CLOSES		1-2p		1-2p	1:15-2:30p
Lap Swim	MAU	@12pm		MAU		MAU Swim Meet	Free Swim
1-2 P	2:30-4 P			2:30-4 P		3-6:30pm	2:45-3:45p
Family/Lap	Family/Lap Swim			Swim Lessons/2		Open/Lap Swim	Family Swim
Swim	4-5p			Lap Lanes		6:30-8:30p	3:45-4:45
2-3 P	Marauders			4-5p			Lap Swim
Open/Lap Swim	5-6:30p			Marauders			5-6p
3-4 P	Lap Swim			5-6:30p			
Lap Swim	6:35-7:30p			Lap Swim			
4-5 P	Aqua Fit			6:35-7:30p			
	7:30-8:30p			Open/Lap Swim			
				7:30-8:30p			
5) Lap Swim	6) School Groups	7) School Groups	8)	<ol><li>Family Swim</li></ol>	10)	School Group	11) Lap Swim
1-2 P	1-2p	1-2p		1-2p		1-2p	1:15-2:30p
Family/Lap	MAU Swim Meet	MAU	MAU Swim Meet	MAU		MAU	Family/Lap
Swim	3-6:30pm	2:30-4 P	3-6:30pm	2:30-4 P		2:30-4 P	Swim
2-3 P	Lap Swim	Swim Lessons/2	Open/Lap Swim	Swim Lessons/2		Marauders	2:45-3:45p
Open/Lap Swim	6:35-7:30p	Lap Lanes	6:30-8:30p	Lap Lanes		4-5:30p	Open/Lap
3-4 P	Aqua Fit	4-5p		4-5p		Family/Lap Swim	Swim
Lap Swim	7:30-8:30p	Marauders		Marauders		5:30-6:30	3:45-4:45
4-5 P		5-6:30p		5-6:30p		Open/Lap Swim	Lap Swim
		Lap Swim		Lap Swim		6:30-7:30p	5-6p
		6:35-7:30p		6:35-7:30p		Lap Swim	
		Masters		Open/Lap Swim		7:30-8:30p	
		7:30-8:30p		7:30-8:30p			
12)	13)School Groups	14) School Groups	15)	16) Family Swim	17)		18) Lap Swim
Lap Swim	1-2p	1-2p	MAU	1-2p		1-2p	1:15-2:30p
1-2 P	MAU	MAU	2:30-4 P	MAU		MAU	Open/Lap Swin
Family/Lap	2:30-4 P	2:30-4 P	Family/Lap Swim	2:30-4 P		2:30-4 P	2:45-3:45p
Swim	Family/Lap Swim	Swim Lessons/2	4-6:00p	Swim Lessons/2		Marauders	Family/Lap
2-3 P	4-5p	Lap Lanes	Lap Swim	Lap Lanes		4-5:30p	Swim
Open/Lap Swim	Marauders	4-5p	6:00-7:30p	4-5p		Family/Lap Swim	3:45-4:45
3-4 P	5-6:30p	Marauders	Open/Lap Swim	Marauders		5:30-6:30	Lap Swim
Lap Swim	Lap Swim	5-6:30p	7:30-8:30p	5-6:30p		Open/Lap Swim	5-6p
4-5 P	6:35-7:30p	Lap Swim		Lap Swim		6:30-7:30p	
	Agua Fit	6:35-7:30p		6:35-7:30p		Lap Swim	
	7:30-8:30p	Masters		Open/Lap Swim		7:30-8:30p	
		7:30-8:30		7:30-8:30p			
19) Lap Swim	20) CLOSED	21) School Groups	22) MAU	23) Family Swim		24) Open Swim	25) Lap Swim
1-2 P		1-2p	2:30-4p	1-2p		1-2p	1:15-2:30p
Family/Lap		MAU SWIM MEET	Family/Lap	MAU		MAU	Open/Swim
Swim		2:30-6:30	4-5p	2:30-4		2:30-4p	2:45-3:45p
2-3 P		Lap Swim	Lap Swim	Swim Lesson/		Marauders	Family/Lap Swim
Open/Lap Swim		6:35-7:30p	6:00-7:30	Family Swim		4-5p	3:45-4:45p
3-4 P		Masters	Open/Lap	4-5p		Family/Lap Swim	Lap Swim
Lap Swim		7:30-8:30	7:30-8:30p	Marauders		5:30-6:30p	5-6p
4-5 P		,.50 0.50	ದ.ರಾಜ್ಯ ಜನನಡೆಕ್ಕ್	5-6:30p		Open/Lap Swim	50
4-3 F				Lap Swim		6:30-7:30p	
				6:30-7:30		Lap Swim	
				Open/Lap		7:30-8:30p	
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