



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)**

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

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



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**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

**Aquatics and Membership Director: Morgan Flynn**  
[mflynn@bfymca.org](mailto:mflynn@bfymca.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29) Lap Swim 1-2 P Family/Lap Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	30) <b>Family Swim</b> 1-2p MAU 2:30-4 P Family/Lap Swim 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	31) <b>FACILITY CLOSURES @12pm</b>	1) Closed	2) Family Swim 1-2p MAU 2:30-4 P Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Open/Lap Swim 7:30-8:30p	3) School Group 1-2p <b>MAU Swim Meet 3-6:30pm</b> Open/Lap Swim 6:30-8:30p	4) Lap Swim 1:15-2:30p <b>Free Swim 2:45-3:45p</b> Family Swim 3:45-4:45 Lap Swim 5-6p
5) Lap Swim 1-2 P Family/Lap Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	6) School Groups 1-2p <b>MAU Swim Meet 3-6:30pm</b> Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	7) School Groups 1-2p MAU 2:30-4 P Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Masters 7:30-8:30p	8) <b>MAU Swim Meet 3-6:30pm</b> Open/Lap Swim 6:30-8:30p	9) Family Swim 1-2p MAU 2:30-4 P Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Open/Lap Swim 7:30-8:30p	10) School Group 1-2p MAU 2:30-4 P Marauders 4-5:30p Family/Lap Swim 5:30-6:30 Open/Lap Swim 6:30-7:30p Lap Swim 7:30-8:30p	11) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:45p Open/Lap Swim 3:45-4:45 Lap Swim 5-6p
12) Lap Swim 1-2 P Family/Lap Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	13) School Groups 1-2p MAU 2:30-4 P Family/Lap Swim 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	14) School Groups 1-2p MAU 2:30-4 P Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Masters 7:30-8:30p	15) MAU 2:30-4 P Family/Lap Swim 4-6:00p Lap Swim 6:00-7:30p Open/Lap Swim 7:30-8:30p	16) Family Swim 1-2p MAU 2:30-4 P Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Open/Lap Swim 7:30-8:30p	17) School Group 1-2p MAU 2:30-4 P Marauders 4-5:30p Family/Lap Swim 5:30-6:30 Open/Lap Swim 6:30-7:30p Lap Swim 7:30-8:30p	18) Lap Swim 1:15-2:30p Open/Lap Swim 2:45-3:45p Family/Lap Swim 3:45-4:45 Lap Swim 5-6p
19) Lap Swim 1-2 P Family/Lap Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	20) <b>CLOSED</b>	21) School Groups 1-2p <b>MAU SWIM MEET 2:30-6:30</b> Lap Swim 6:35-7:30p Masters 7:30-8:30p	22) MAU 2:30-4p Family/Lap 4-5p Lap Swim 6:00-7:30 Open/Lap 7:30-8:30p	23) Family Swim 1-2p MAU 2:30-4 Swim Lesson/Family Swim 4-5p Marauders 5-6:30p Lap Swim 6:30-7:30 Open/Lap 7:30-8:30p	24) Open Swim 1-2p MAU 2:30-4p Marauders 4-5p Family/Lap Swim 5:30-6:30p Open/Lap Swim 6:30-7:30p Lap Swim 7:30-8:30p	25) Lap Swim 1:15-2:30p Open/Swim 2:45-3:45p Family/Lap Swim 3:45-4:45p Lap Swim 5-6p