



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

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

APRIL 1st-27th 2019 MORNING POOL SCHEDULE: (6AM-1PM)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Explanation of Swim Times: Aqua fit: Shallow End Aquatics Exercises- 6 lanes Family/Lap Swim: Parent or guardian must accompany children in the water- 2 lap lanes available for 13+. Lap Swim: Lap: 13 and older LGT-Lifeguard Training Masters: Swim team for adults over the age of 18 where there is a set workout for each practice time. Open Swim: Any age, open to the public- 2 lap lanes School Groups: Pool is reserved for school groups. Water Exercise: Gentle exercise stretching class intended for 55yrs and older. Swim Lessons: 4 Lanes for lessons ages 3-12. 2 lap lanes available. Sr./Therapy: For participants 55 yrs. and older or participants who present a note from a doctor for aquatics therapy use.		1) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	2) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Lap Swim 11:30-12:55	3) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	4) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Lap Swim 11:30-12:55	5) Lap Swim 6-8:55a Aqua fit 9:30-10:30a School Groups 10:30-11a Lap Swim 11:00-12:55p	6) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party/2 Lap Lanes 12:00-1:00p
	7)	8) Lap Swim 6-8:55a School Groups 9-11a 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 Lap Swim 11:30-12:55p	10) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	11) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Lap Swim 11:30-12:55p	12) Lap Swim 6-8:55a Aqua fit 9-10:30a School Groups 10:30-11 Lap Swim 11:00-12:55p	13) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party/2 Lap Lanes 12:00-1:00p
	14) HEALTHY KIDS DAY! 11a-1p	15) Lap Swim 6-8:55a LGT 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	16) Lap Swim 6-8:55a LGT 9-10:30a Water Exercise 10:30-11:30a Lap Swim 11:30-12:55p	17) Lap Swim 6-8:55a LGT 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	18) Lap Swim 8-8:55a LGT 9-10:30a Water Exercise 10:30-11:30a Lap Swim 11:30-12:55p	19) Lap Swim 6-8:55a LGT 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	20) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party/2 Lap Lanes 12:00-1:00p
	21)	22) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	23) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Lap Swim 11:30-12:55p	24) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	25) Lap Swim 8-8:55a School Groups 9-10:30a Water Exercise 10:30-11:30a Lap Swim 11:30-12:55p	26) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	27) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party/2 Lap Lanes 12:00-1:00p

*** NEXT SCHEDULE BEGINS ON
 April 29th ***

Aquatics Director: Morgan Flynn mflynn@bfymca.org



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APRIL 1st-27th 2019 AFTERNOON POOL SCHEDULE: (1PM-9PM)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Aqua Fit 7:30-8:30p	2) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Masters 7:30-8:30p	3) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Open Swim 7:30-8:30p	4) Family Swim 1-2p Swim Lessons/2 Lap Lanes 4-5p Family/Lap Swim 5-6:00p Lap Swim 6:00-7:30p Open Swim 7:30-8:30p	5) School Group 1-2p Family/Lap Swim 4-5p Lap Swim 5-6:30p Family/Lap 6:30-7:30p Open/Lap Swim 7:30-8:30p	6) Lap Swim 1:15-2:30p Free Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p
	7) Lap Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Directions If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format (counter clockwise).	8) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Aqua Fit 7:30-8:30p	9) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Family/Lap Swim 5-6:00p Lap Swim 6:00-7:30p Masters 7:30-8:30p	10) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Family/Lap Swim 5-6:00p Lap Swim 6:00-7:30p Open Swim 7:30-8:30p	11) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Family/Lap Swim 5-6:00p Lap Swim 6:00-7:30p Open Swim 7:30-8:30p	12) School Group 1-2p Lap Swim 4-6p Family/Lap 5-6:00p Kids Night Out 6:30-7:30p Open Swim 7:30-8:30p	13) Lap Swim 1:15-2:30p Open Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p
	14) HEALTHY KIDS DAY 11a-1p	15) LGT 1:00-2:45p Lap Swim 3-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Aqua Fit 7:30-8:30p	16) LGT 1:00-2:45p Free Swim 2:45-4:00p Family Swim 4-5:15p Lap Swim 5:30-7:00p Masters 7:00-8:30p	17) LGT 1:00-2:45p Open/Lap Swim 2:45-4p Lap Swim 4-5:45p Family/Lap Swim 6:00-7:30p Open/Lap Swim 7:30-8:30p	18) LGT 1:00-2:45p Open/Lap Swim 3:45-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Open Swim 7:30-8:30p	19) LGT 1-2:45p Family Swim 4-5:00p Lap Swim 5:00-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	20) Lap Swim 1:15-2:30p Open Swim 2:45-3:45p Family Swim 3:45-4:45p Lap Swim 5-6p
	21) School Groups 1-2p Swim Lessons 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Aqua Fit 7:30-8:30p	22) School Groups 1-2p Swim Lessons 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Masters 7:30-8:30p	23) School Groups 1-2p Swim Lessons 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Masters 7:30-8:30p	24) School Groups 1-2p Swim Lessons 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Open Swim 7:30-8:30p	25) School Groups 1-2p Swim Lessons 4-5p Family Swim 5-6:00p Lap Swim 6:00-7:30p Open Swim 7:30-8:30p	26) School Group 1-2p Lap Swim 4-5p Family Swim 5-6:00p Kids Night Out 6:30-7:30p Open Swim 7:30-8:30p	27) Lap Swim 1:15-2:30p Open Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p
	28)	29)	30)	Aquatics Director: Morgan Flynn mflynn@bfymca.org			

***Schedule is subject
to change.
*Multiple activities
are often scheduled
at the same time.
*Limited Lap Lanes
During
Classes/ST/Lessons
(MORE ON BACK)**