



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

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**APRIL 29<sup>th</sup> - June 1<sup>st</sup> 2019 MORNING POOL SCHEDULE: (6AM-1PM)**

Explanation of Swim Times:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Aqua fit:</b> Shallow End</p> <p><b>Aquatics Exercises-</b> 6 lanes</p> <p><b>Family/Lap Swim:</b> Parent or guardian must accompany children in the water-2 lap lanes available for 13+.</p> <p><b>Lap Swim:</b> Lap: 13 and older</p> <p><b>Masters:</b> Swim team for adults over the age of 18 where there is a set workout for each practice time.</p> <p><b>Marauders:</b> Swim team practice, -6 Lanes</p> <p><b>Open/Lap Swim:</b> Any age, open to the public- 2 lap lanes, children under the age of 12 must be accompanied in the water by someone 18 years or older. -2 Lap lanes available.</p> <p><b>School Groups:</b> Pool is reserved for school groups.</p> <p><b>Water Exercise:</b> Gentle exercise stretching class which is instructor led.</p> <p><b>Swim Lessons:</b> 4 Lanes for lessons ages 3-12. 2 lap lanes available.</p> <p><b>Sr./Therapy:</b> For participants 55 yrs. and older or participants who present a note from a doctor for aquatics therapy use.</p> <p align="right"><b>Aquatics Director:</b> Morgan Flynn mflynn@bfymca.org</p>		29) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	30) 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	1) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a 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 Sr./Therapy 11:30-12p Lap Swim 12-12:55	3) Lap Swim 6-8:55a Aqua fit 9:30-10:30a School Groups 10:30-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	4) Lap Swim 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 11-11:30a Lap Swim 12-12:55p	10) Lap Swim 6-8:55a Aqua fit 9:30-10:30a School Groups 10:30-11 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	11) Lap Swim 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 Aqua fit 9:30-10:30a School Groups 10:30-11 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	18) Reserved 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
	19)	20) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	21) 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	22) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a 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 Sr./Therapy 11:30-12p Lap Swim 12-12:55p	24) Lap Swim 6-8:55a Aqua fit 9:30-10:30a School Groups 10:30-11a Sr./Therapy 11-11:30p Lap Swim 11:30-12:55p	25) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
	26)	27) Closed	28) Lap Swim 8-8:55a School Groups 9-10:30 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12p Lap Swim 12-12:55	29) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	29) 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	29) Lap Swim 6-8:55a Aqua Fit 9:30-10:30a School Groups 10:30-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	1) Lap Swim 9-10:30 Masters 10:30-11:50a Pool Party 12:00-1:00p



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### APRIL 29<sup>th</sup> - June 1<sup>st</sup> 2019 AFTERNOON POOL SCHEDULE: (1PM-9PM)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		29) 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	30) 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	1) School Groups 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	2) 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	3) School Group 1-2p Lap Swim 4-6p Family/Lap Swim 6-7:30p Open/Lap Swim 7:30-8:30p	4) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:30p Free Swim 3:45-4:45 Lap Swim 5-6p
	5)	6) 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	7) 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	8) School Groups 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	9) 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	10) School Group 1-2p Lap Swim 4-6p Family/Lap Swim 6-7:30p Open/Lap Swim 7:30-8:30p	11) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:30p Open/Lap Swim 3:45-4:45 Lap Swim 5-6p
	12)	13) School Groups 1-2p Lifeguard In-service 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	14) School Groups 1-2p Lifeguard In-Service 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Masters 7:30-8:30p	15) School Groups 1-2p Lifeguard In-Service 4-5p Family/Lap Swim 5-6:00p Lap Swim 6:00-7:30p Open/Lap Swim 7:30-8:30p	16) Family Swim 1-2p Lifeguard In-Service 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Open/Lap Swim 7:30-8:30p	17) School Group 1-2p Lap Swim 4-6p Family/Lap Swim 6-7:30p Open/Lap Swim 7:30-8:30p	18) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:30p Open/Lap Swim 3:45-4:45p Lap Swim 5-6p
	19)	20) School Groups 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:30-7:30p Aqua Fit 7:30-8:30p	21) 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	22) School Groups 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	23) 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	24) School Group 1-2p Lap Swim 4-6p Family/Lap Swim 6-7:30p Open/Lap Swim 7:30-8:30p	25) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:30p Open/Lap Swim 3:45-4:45 Lap Swim 5-6p
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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 the first swimmer's acknowledgement that you are there. Directions: The "circle" swimming format is always in effect in all lap lanes (counter clockwise.)

\*Pool is closed 2-4PM Mon-Fri for cleaning\*

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

\*\*\*NEXT SCHEDULE BEGINS JUNE 2<sup>ND</sup>\*\*\*

Aquatics Director:  
Morgan Flynn  
mflynn@bfymca.org



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**Lap Swim Etiquette and Circle Swimming:** To avoid conflict and to make everyone's swim experience more enjoyable, please adhere to the following Lap Swim Etiquette. We thank you in advance. -The Aquatics Department

### Lane Designations:

- When the pool is busy, swim lanes will be shared.
- Make notes of lanes that contain fast, medium, and slow swimmers.
- Lifeguards monitor the lanes and may alter the configuration at any time.
- Select a lane that is compatible to your speed and ability.
- Lifeguards at anytime may assist you with selecting a lane or ask you to move if your speed is not met for the lane.

### Entering the Water:

- Enter the water feet first at the shallow end of the pool.
- If there are swimmers approaching the wall as you are preparing to enter, wait until they have turned and started the next lap before entering the water so as not to interrupt their progress.

### Circle Swimming:

- Swimmers are required to follow the circle swim pattern. **Splitting the lane is prohibited when there is more than 2 swimmers.**
- **It is the responsibility of the swimmer entering the lane to be sure that all the other swimmers in that lane are aware of his/her presence and the necessary traffic pattern.**
- Always swim complete laps of the pool and avoid stopping in the middle of the lane.
- Stop only at the wall and stand in the left corner of the lane out of the way of oncoming swimmers.

### Speed:

- Slower swimmers must yield to faster swimmers.
- If you are approaching the wall and another swimmer is gaining on you at a faster rate, you are to pause at the wall and allow the other swimmer(s) to pass.
- Provide adequate distance between you and the swimmer ahead of you. Example: When starting wait until the swimmer in front of you gets to the flags before departing the wall.

### Passing:

- Pass on the left-hand side. If you are the slower swimmer and being overtaken at the turn, stop and wait until the other swimmer has pushed off the wall.