



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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 2nd – June 29th 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. DYO: Do your own exercise. (Adult open swim) –No Lanes Family/Lap Swim: Parent or guardian must accompany children in the water-2 lap lanes available. Lap Swim: 13+ Masters: Swim team for adults over the age of 18. Set workout for each practice time. Marauders: Swim team practice. -6 Lanes Open/Lap Swim: 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. Pool Party: Pool is reserved for rental use. School Groups: Pool is reserved for school groups. Water Exercise: Gentle exercise stretching class which is instructor led. 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.	2)	3) Lap Swim 6-8:55a School Groups 9-11:00a 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 Sr./Therapy 11:30-12p Lap Swim 12-12:55p	5) Lap Swim 6-8:55a School Groups 9-10:00a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	6) 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	7) 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	8)
	9)	10) Lap Swim 6-8:55a School Groups 9-11:00a 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 Sr./Therapy 11:30-12p Lap Swim 12-12:55p	12) Lap Swim 6-8:55a School Groups 9-10:00a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	13) 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	14) 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	15)
	16)	17) Lap Swim 6-8:55a School Groups 9-11:00a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	18) 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	19) Lap Swim 6-8:55a LGT 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	20) Lap Swim 8-8:55a LGT 9-10:30a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	21) 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	22)
	23)	24) Lap Swim 6-8:55 School Groups 9-11:00 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	25) Lap Swim 8-8:55a School Groups 9-11:00 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12p Lap Swim 12-12:55p	26) Lap Swim 6-8:55a School Groups 9-10:00a DYO Exercise 10:00-11:00 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	27) Lap Swim 8-8:55a School Groups 9-10:30 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12p Lap Swim 12-12:55p	28) Lap Swim 6-8:55a Aqua Fit 9:30-10:30a Sr./Therapy 10:30-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	29) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p



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

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

June 2nd - June 29th 2019 AFTERNOON POOL SCHEDULE: (1PM-9PM)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.)</p> <p>*Pool is closed 2-4PM Mon-Fri for cleaning*</p> <p>*Schedule is subject to change. *Multiple activities are often scheduled at the same time. *Limited Lap Lanes During</p> <p>**NEXT SCHEDULE BEGINS JUNE 2ND **</p> <p>Aquatics Director: Morgan Flynn mflynn@bfymca.org</p>	2)	3) 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	4) 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	5) 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	6) 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	7) School Groups 1-2p Lap Swim 4-6p Family/Lap Swim 6-7:30p Open/Lap Swim 7:30-8:30p	8) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:45p Open/Lap Swim 3:45-4:45p Lap Swim 5-6p
	9)	10) 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	11) 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	12) 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	13) 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	14) School Group 1-2p Lap Swim 4-6p Family/Lap Swim 6-7:30p Open/Lap Swim 7:30-8:30p	15) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:45p Open/Lap Swim 3:45-4:45p Lap Swim 5-6p
	16)	17) 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	18) 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	19) LGT 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	20) 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	21) LGT 1-3p Lap Swim 4-6p Family/Lap Swim 6-7:30p Open/Lap Swim 7:30-8:30p	22)
23)	24) Marauders 4-5:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	25) 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	26) School Groups 1-2p Marauders 4-5:30p Lap Swim 5:30-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	27) Family Swim 1-2p Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:30-7:30p Open Swim 7:30-8:30p	28) School Groups 1-2p Marauders 4-5:30p Lap Swim 5:30-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	29) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:45p Open/Lap Swim 3:45-4:45p Lap Swim 5-6p	