



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



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

September 9th – October 5th 2019 MORNING POOL SCHEDULE: (6AM-1PM)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	10) 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	11) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	12) 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	13) Lap Swim 6-8:55a Aqua fit 9:30-10:30a Tai Chi 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12:00-12:55p	14) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
15)	16) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	17) 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	18) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	19) 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	20) Lap Swim 6-8:55a Aqua fit 9:30-10:30a Tai Chi 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12:00-12:55p	21) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
22)	23) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	24) 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	25) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	26) 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	27) Lap Swim 6-8:55a Aqua fit 9:30-10:30a Tai Chi 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12:00-12:55p	28) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
29)	30) Lap Swim 6-8:55a School Groups 9-11:00 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	1) Lap Swim 8-8:55a School Groups 9-10:30 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12:00 Lap Swim 12:00-12:55p	2) 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	3) 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	4) Lap Swim 6-8:55a Aqua Cardio 9:30-10:30a Tai Chi 10:30-11:30a Sr./Therapy 11:30-12:00p Lap Swim 12:00-12:55p	5) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p



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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 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

**NEXT SCHEDULE BEGINS OCT. 6TH **

Aquatics Director:
 Morgan Flynn
mflynn@bfymca.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8) 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	9) 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	10) 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	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/Lap Swim 7:30-8:30p	12) 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	13) School Group 1-2p Marauders 4-5:30p Lap Swim 5:30-6:30 Family/Lap Swim 6:30-7:30p Open/Lap Swim 7:30-8:30p	14) Lap Swim 1:15-2:30p Free Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p
15) 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	16) 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	17) 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	18) 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	19) 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	20) School Group 1-2p Marauders 4-5:30p Lap Swim 5:30-6:30 Family/Lap Swim 6:30-7:30p Open/Lap Swim 7:30-8:30p	21) Lap Swim 1:15-2:30p Open Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p
22) 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	23) 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	24) 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	25) 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	26) 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	27) School Group 1-2p Marauders 4-5:30p Lap Swim 5:30-6:30 Family/Lap Swim 6:30-7:30p Open/Lap Swim 7:30-8:30p	28) Lap Swim 1:15-2:30p Open Swim 2:45-3:45p Family Swim 3:45-4:45 Lap Swim 5-6p
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