



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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 7:30-8:30	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 7:30-8:30	22) MAU 2:30-4p Family/Lap Swim 4-5p Lap Swim 6:00-7:30 Open/Lap Swim 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 Swim 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