



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

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

July 29th – August 23rd 2019 MORNING POOL SCHEDULE: (6AM-1PM)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28)	29) Lap Swim 6-8:55a Swim Lessons 9-10:00a Family Swim 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	30) Lap Swim 8-8:55a Swim Lessons 9-10:00a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	31) Lap Swim 6-8:55a Swim Lessons 9-10:00a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	1) Lap Swim 8-8:55a Swim Lessons 9:00-10:00a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	2) 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	3) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
4)	5) Lap Swim 6-8:55a Swim Lessons 9-10:00a Family Swim 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	6) Lap Swim 8-8:55a Swim Lessons 9-10:00a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	7) Lap Swim 6-8:55a Swim Lessons 9-10:00a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	8) Lap Swim 8-8:55a Swim Lessons 9:00-10:00a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	9) Lap Swim 6-8:55a Aqua Cardio 9:30-10:30a Tai Chi 10:30-11:30 Sr./Therapy 11:30-12:00p Lap Swim 12:00-12:55p	10) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
11)	12) Lap Swim 6-8:55a Swim Lessons 9-10:00a Family Swim 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	13) Lap Swim 8-8:55a Swim Lessons 9-10:00a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	14) Lap Swim 6-8:55a Swim Lessons 9-10:00a DYO Exercise 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	15) Lap Swim 8-8:55a Swim Lessons 9:00-10:00a Water Exercise 10:30-11:30a Sr./Therapy 11:30-12p Lap Swim 12-12:55p	16) CLOSED BENNINGTON BATTLE DAY	17) Lap Swim 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
18)	19) Lap Swim 6-8:55 Swim Lessons 9-10:00 Family Swim 10-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55	20) Lap Swim 8-8:55a Swim Lessons 9-10:00 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12:00 Lap Swim 12:00-12:55p	21) Lap Swim 6-8:55a Swim Lessons 9-10:00a DYO Exercise 10:00-11:00 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	22) Lap Swim 8-8:55a Swim Lessons 9-10:00 Water Exercise 10:30-11:30 Sr./Therapy 11:30-12p Lap Swim 12-12:55p	23) 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	24) CLOSED FOR ANNUAL CLEAN BUILDING WILL RE-OPEN 9/9/19



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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 JULY 30th **

Aquatics Director:
 Morgan Flynn
 mflynn@bfymca.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28) 28) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	29) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	30) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:35-6:30p Adult Lessons 6:30-7:30p Masters 7:30-8:30p	31) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Open Swim 7:30-8:30p	1) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:30-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	2) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:35-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	3) Lap Swim 1:15-2:30p Free Swim 2:45-3:45p Open/Lap Swim 3:45-4:45 Lap Swim 5-6p
4) 4) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	5) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	6) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:35-6:30p Adult Lessons 6:30-7:30p Masters 7:30-8:30p	7) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Open Swim 7:30-8:30p	8) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:30-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	9) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:35-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	10) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:45p Open/Lap Swim 3:45-4:45p Lap Swim 5-6p
11) 11) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	12) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	13) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:35-6:30p Adult Lessons 6:30-7:30p Masters 7:30-8:30p	14) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Open Swim 7:30-8:30p	15) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:30-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	16) CLOSED BENNINGTON BATTLE DAY	17) Lap Swim 1:15-2:30p Family/Lap Swim 2:45-3:45p Open/Lap Swim 3:45-4:45p Lap Swim 5-6p
18) 18) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	19) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Aqua Cardio 7:30-8:30p	20) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4-5:30p Lap Swim 5:35-6:30p Adult Lessons 6:30-7:30p Masters 7:30-8:30p	21) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4:00-5:30p Swim Lessons 5:30-6:30p Lap Swim 6:30-7:30p Open Swim 7:30-8:30p	22) REC CAMP 1:00-2:30p Family Swim 2:30-3:45p Marauders 4:00-5:30p Lap Swim 5:30-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	23) REC CAMP 1:00-2:30p Open Swim 2:30-3:45p Marauders 4:00-5:30p Lap Swim 5:35-6:30p Family Swim 6:30-7:30p Open Swim 7:30-8:30p	24) CLOSED FOR ANNUAL CLEAN BUILDING WILL RE-OPEN 9/9/19