



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



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

November 3rd – November 30th 2019 MORNING POOL SCHEDULE: (6AM-1PM)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3) WSI Course 8AM-2PM	4) Lap Swim 6-8:55a School Groups 9-11a Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	5) 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	6) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a 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 12-12:55	8) Lap Swim 6-8:55a Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	9) Marauders 9-10:30a Masters 10:30-11:50a WSI Course 12:00-1:00p
10) WSI Course 8AM-2PM	11) Lap Swim 6-8:55a School Groups 9-11a 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 12-12:55p	13) Lap Swim 6-8:55a School Groups 9-10a DYO Exercise 10-11a 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 Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	16) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
17)	18) Lap Swim 6-8:55a School Groups 9-11a 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 School Groups 9-10a DYO Exercise 10-11a 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 Aqua fit 9:30-10:30a Sr./Therapy 11:00-11:30a Lap Swim 11:30-12:55p	23) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p
24)	25) Lap Swim 6-8:55a School Groups 9-11:00 Sr./Therapy 11-11:30a Lap Swim 11:30-12:55p	26) 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	27) 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	28) Closed Thanksgiving	29) Closed Black Friday	30) Marauders 9-10:30a Masters 10:30-11:50a Pool Party 12:00-1:00p

Aquatics Director: Morgan Flynn, mflynn@bfymca.org (802) 442-1054



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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 paired swims

****NEXT SCHEDULE BEGINS DEC. 1st ****

Aquatics Director:
Morgan Flynn
mflynn@bfymca.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3) Lap Swim 1-2 P Family/Lap Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	4) 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 Aqua Fit 7:30-8:30p	5) 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	6) Aqua Tai Chi 1-2p MAU 2:30-4 P 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	7) 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	8) 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	9) Lap Swim 1:15-2:30p Free Swim 2:45-3:45p Family Swim Lap Swim 5-6p
10) Lap Swim/WSI Course 2 Lanes 1-2 P Family/Lap Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	11) School Groups 1-2p MAU 2:30-4 P Swim Lessons/WSI COURSE/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	12) 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	13) Aqua Tai Chi 1-2p MAU 2:30-4 P 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	14) 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	15) 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	16) Lap Swim 1:15-2:30p Family/Lap Swim Swim 2:45-3:45p Open/Lap Swim 3:45-4:45 Lap Swim 5-6p
17) Lap Swim 1-2 P Family/Lap Swim Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	18) School Group 1-2p MAU 2:30-4P Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	19) 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	20) Aqua Tai Chi 1-2p MAU 2:30-4 P 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	21) 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	22) 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	23) Lap Swim 1:15-2:30p Open/Lap Swim 2:45-3:45p Family/Lap Swim Swim 3:45-4:45 Lap Swim 5-6p
24) Lap Swim 1-2 P Family/Lap Swim Swim 2-3 P Open/Lap Swim 3-4 P Lap Swim 4-5 P	25) School Group 1-2p MAU 2:30-4P Swim Lessons/2 Lap Lanes 4-5p Marauders 5-6:30p Lap Swim 6:35-7:30p Aqua Fit 7:30-8:30p	26) 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	27) MAU 2:30-4 P Swim Lessons/2 Lap Lanes 4-5p Lap Swim 5-6:30p Family Swim 6:30-7:30p Open/Lap Swim 7:30-8:30p	28) CLOSED Thanksgiving	29) CLOSED Black Friday	30) Lap Swim 1:15-2:45 Family/Lap Swim Swim 2:45- 3:45P Open/Lap 3:45-4:45P Lap Swim 4:45-6:00P