



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Bennington Recreation Center | **November 2020 Pool Schedule**

Lap Swim Reservations: Lap lane reservations may be made by calling the Rec Center.  
**Lap lanes available during all hours except those noted below.**  
Reservations open Friday for the coming week.

### **Monday -**

H2O Go! Water Aerobics\* 10 am - 11 am  
Youth Program 2 - 3 pm  
Swim lessons 5 pm - 5:50 pm  
Marauders 6 pm - 8 pm

### **Tuesday -**

Water Flex & Balance\* 10 am  
Family Swim lane reservations 1 pm - 2 pm  
Family Swim lane reservations 4 pm - 5 pm  
Marauders 5 pm - 7 pm  
Masters 7 pm - 8 pm

### **Wednesday -**

H2O Go! Water Aerobics\* 10 am - 11 am  
Swim lessons\*\* 4 pm - 4:50 pm  
AquaFit\* 5:45 pm - 6:45 pm  
Family Swim lane reservations 6:45 pm-8 pm

### **Thursday -**

Adult Stroke Development class\* 10 am  
Family Swim lane reservations 1 pm - 3 pm  
Marauders 5 pm - 7 pm  
Masters 7 pm - 8 pm

### **Friday -**

AquaFit\* 9-10 am and 10-11 am  
Youth Program 1 pm - 3 pm  
Marauders 5 pm - 6:30 pm  
Teen Hour 6:45 pm - 8 pm

### **Saturday -**

Marauders 8:30 am - 10 am  
Swim lessons 10 am - 10:50 am  
Masters 11 am - 12 pm  
Adult Stroke Development class\* 2 pm

*(Revised 10/23/20)*

\*H2O Go! Water Aerobics class taught by Jane DiSanto. AquaFit class taught by Andrea Malinowski. Water Flex & Balance and Adult Stroke Development taught by Renette Gonzalez. These classes require pre-registration. Register online or contact the Rec Center for more info.

\*\*Swim lessons end November 21.  
Remainder of the November Swim Lesson time slots are family swim lap reservations.

Please note: For more information about re-opening safety procedures, changes to our operations, and updates please visit our website: [www.bfymca.org](http://www.bfymca.org) or facebook page "Bennington Rec Center." Schedule is subject to change.

*Thanksgiving Week will have Limited Hours.*

**BERKSHIRE FAMILY YMCA:** [www.bfymca.org](http://www.bfymca.org)  
**Bennington Recreation Center:** 655 Gage Street Bennington, VT 05201 P: 802-442-1053