



POOL SCHEDULE

BENNINGTON RECREATION CENTER

October 2021

Monday:

6:00-9:00 am Lap Swim
 9:00-10:00 am School Group
 10:00-11:00 am Lap/School Group
 11:00-12:00 pm Water Aerobics*
 12:00-1:00 pm Lap Swim
 1:00-2:00 pm School Group
 2:00-3:00 pm Lap Swim
 3:00-4:30 pm Family/Lap Swim
 4:30-6:00 pm Marauders
 6:00-7:00 pm AquaFit*
 7:00-8:00 pm Lap Swim

Tuesday:

8:00-10:00 am Lap Swim
 10:00-11:00 am Water Exercise*
 11:00-11:30 pm Lap Swim
 11:30-12:30 pm School Group/Lap Swim
 12:30-2:30 pm Family/Lap Swim
 2:30-4:00 pm Lap Swim
 4:00-5:00 pm Lessons: Levels 1-3
 5:00-6:00 pm Marauders/Level 4/5
 6:00-7:00 pm Marauders
 7:00-8:00 pm Masters

Wednesday:

6:00-9:00 am Lap Swim
 9:00-10:00 am School Group
 10:00-11:00 am Water Walking*
 11:00-12:30 pm Lap Swim
 12:30-1:30 pm School Group
 1:30-3:00 pm Staff Training/Lap
 3:00-4:00 pm Family/Lap Swim
 4:00-6:00 pm Lessons: Levels 1-3
 6:00-7:00 pm AquaFit*
 7:00-8:00 pm Lap Swim

Thursday:

8:00-10:00 am Lap Swim
 10:00-11:00 am Water Exercise*
 11:00-1:00 pm Lap Swim
 1:00-3:00 pm Family/Lap Swim
 3:00-4:30 pm Family/Open Swim
 4:30-6:30 pm Marauders
 7:00-8:00 pm Masters

Friday:

6:00-10:00 am Lap Swim
 10:00-11:00 am Lap/School Group
 11:00-12:00 pm Water Aerobics*
 12:00-3:00 pm Family/Lap Swim
 3:00-5:00 pm Family/Open Swim
 5:00-7:00 pm Marauders
 7:00-8:00 pm Kids Night Out*
 8:00-9:00 pm Teen Hour* (tentative)

Saturday:

8:00-9:00 am Lap Swim
 9:00-10:30 am Marauders
 10:30-12:00 am Masters
 12:00-1:00 pm Lessons: Levels 1/2
 1:00-2:30 pm Family Swim
 2:30-4:00 pm Lap Swim

There is transition time during swim changes – please plan accordingly.

Dates to note: 10/23 pool closed for Pumpkin Splash event 1:00-4:00pm

Please note that schedule is subject to change. Call the Rec Center for more information (802) 442-1053.

Classes * require pre-registration and may have fee.
 Updated 9/24/21

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BERKSHIRE FAMILY YMCA: www.bfymca.org

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