



# POOL SCHEDULE

BENNINGTON RECREATION CENTER

August 5-26 2022

### Monday:

6:00-9:00 am	Lap Swim
9:00-10:00 am	Camp Swim
10:00-11:00 am	Lap/Open Swim
11:00-12:00 pm	DanceFit*
12:00-2:00 pm	Lap Swim
2:00-4:00 pm	Lap/Open
4:00-5:30 pm	Lap Swim
5:30-8:00 pm	Lap/Open Swim

### Tuesday:

8:00-9:00 am	Lap Swim
9:00-10:00am	Camp Swim
10:00-11:00 am	Water Exercise*
11:00am-12:00 pm	Aqua Tai Chi*/2 lap lanes
12:00-1:00 pm	Lap/Open Swim
1:00-3:00 pm	Swim Lessons
3:00-5:30 pm	Lap/Open Swim
5:30-7:00 pm	Lap Swim
7:00-8:00 pm	Masters/2 lap lanes

### Wednesday:

6:00-9:00 am	Lap Swim
9:00-10:00 am	Camp Swim
10:00-11:00 am	Lap/Open Swim
11:00am-12:00pm	DanceFit*
12:00-1:00 pm	Lap Swim
1:00-3:00 pm	Swim Lessons
3:00-4:00 pm	Open/Lap Swim
4:00-5:30 pm	Lap Swim
5:30-8:00 pm	Lap/Open Swim

### Thursday:

8:00-9:00 am	Lap Swim
9:00-10:00 am	Camp Swim
10:00-11:00 am	Lap Swim
10:00-11:00 am	Water Exercise*
11:00-1:00 pm	Lap Swim
1:00-3:00 pm	School Group
3:00-5:30 pm	Lap/Open Swim
5:30-7:00 pm	Lap Swim
7:00-8:00 pm	Masters/2 lap lanes

### Friday:

6:00-9:00 am	Lap Swim
9:00-10:00 am	Camp Swim
11:00-12:00 pm	DanceFit*
12:00-2:00 pm	Lap Swim
2:00-4:00 pm	Lap/Open Swim
4:00-5:30 pm	Lap Swim
5:30-7:00 pm	Family Swim
7:00-8:00 pm	Lap Swim

### Saturday:

8:00-10:15 am	Lap Swim
10:30-12:00 am	Masters
12:00-1:00 pm	Lap/Open
1:00-2:00 pm	Pool Rental
2:00-4:00 pm	Family Swim
4:00-5:00 pm	Lap Swim

*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 7/25/2022*

Kayla Becker – Branch Director – [kbecker@bfymca.org](mailto:kbecker@bfymca.org)  
 Taylor McGuire – Assistant Branch Director – [tmcguire@bfymca.org](mailto:tmcguire@bfymca.org)

**BERKSHIRE FAMILY YMCA:** [www.bfymca.org](http://www.bfymca.org)

**Bennington Recreation Center: 655 Gage St, Bennington, VT 05201 P: 802-442-1053**



## **Swim Time Descriptions**

### **Family Swim:**

We reserve "Family Swim" in our pools so that families may enjoy the pool together. This is a family only time and requires that a supervising adult accompany all children in the water. Supervising adult does not need to pay daily fee/have a membership if their child has an active membership.

### **Lap/Open Swim:**

This time is open for all to use the pool. Part of the pool is reserved for lap swimming only. The first two lanes are designated for those doing their own exercise or families and youth wanting to swim. All children 12 and under must have an accompanying adult with them at all times in the poolroom. All children 6 years old and under **MUST** have an adult in the water with them at all times. Supervising adult must have a membership or pay the daily pass fee.

### **Lap Swim:**

Our Y has dedicated lap-swimming times throughout the day. Lap swim time is designated for swimmers 13 and up. You can always find Lap Swimming information posted on our branch's daily pool schedules.

As a courtesy, please use the "circle swim" technique when more than three swimmers are in your lane. If you are unsure of etiquette or have questions feel free to ask the guard on duty.

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### **Dates to note:**

**- Our annual facility closure will begin August 26**

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