



# WESTPORT WESTON FAMILY YMCA

## 10-Lane Lap Pool Schedule

April 25-June 19

Schedule subject to change

Day	Lap	Open	Aquafit/Deep/V.I.P	Swim Fit/Masters/Tri Club	Lessons	Swim Team					
<b>Monday Wednesday</b>	5:35 - 6:45AM	7		6:45 - 7:45AM	4	5:35-6:45AM	3				
	6:45 - 7:45AM	6				Tri Club					
	7:45 - 9:00AM	7		8:30 - 9:30AM	3						
	9:00 - 10:00AM	2		Aquafit		9:00 - 10:00AM	5				
	10:00 - 3:15PM	10				Swim Fit					
	3:15 - 4:00PM	2						3:15 - 6:30PM	8		
	4:00 - 5:30PM	1		6:30-7:30PM	4		4:00-5:30 PM	1			
	7:30- 10:00PM	8	7:30 - 10:00PM	2	Aquafit Deep		5:30-6:30PM	2	6:30 - 7:30PM	6	
	No Lap 5:30-7:30pm										
<b>Tuesday Thursday</b>	5:35 - 6:45AM	10		6:45-7:45AM	4	9:00 - 10:00AM	4				
	6:45 - 7:45AM	6				Swim Fit					
	7:45 - 9:00AM	10									
	9:00 - 10:00AM	3		9:00-10:00AM	3						
	10:00 - 11:00AM	7		10:00-11:00AM	3						
	11:00 - 3:15PM	10		VIP							
	3:15 - 4:00PM	2						4:00 - 6:30PM	2	3:15 - 8:00PM	8
	6:30 - 7:30PM	2									
	7:30 - 10:00PM	5				Masters					
No Lap 4:00-6:30pm					7:30-10:00pm	5					
<b>Friday</b>	5:35 - 6:45AM	4		6:45 - 7:45AM	4	5:35-6:45AM	3				
	6:45 - 7:45AM	6		Aqua Zumba		Masters/Tri-Club					
	7:45 - 9:00AM	7				9:00 - 10:00AM	5				
	9:00 - 9:30AM	2		8:30 - 9:30AM	3	Swim Fit					
	9:30 - 10:00AM	5		Aqua Zumba							
	10:00 - 3:15PM	10									
	3:15 - 4:00PM	2							3:15 - 6:30PM	8	
	4:00 - 6:30PM	2									
	6:30 - 7:30PM	5	6:30 - 10:00PM	2	6:30-7:30PM	3					
7:30- 10:00PM	8			Aquafit Deep							
<b>Saturday</b>	7:00-8:30AM	3							6:00-7:00AM	1	
	8:30-11:30AM	2							7:00-11:30AM	0	
	11:30-1:00PM	8								7	
	1:00-7:30PM	8	1:00-7:30pm	2				8:30-12:15PM	1		
<b>Sunday</b>	7:30-9:10am	10									
	9:10-10:15am	5			9:10-10:15am	5					
	10:15-6:00pm	7	10:15-6:00pm	2	Aquafit				3:30-5:00pm		
									Special Olympics	3	

**Questions??** Jeffrey Bonaccorso, Aquatic Director (203) 571-6041 jbonaccorso@westportymca.org

**Lanes:** The number noted next to the time denotes the amount of lanes set aside for that specific activity. We reserve the right to hold private lessons and lifeguard drills during LAP and OPEN time.

