



WESTPORT WESTON FAMILY YMCA

10-Lane Lap Pool Schedule

June 20-August 7

Schedule subject to change

Day	Lap	Open	Aquafit/Deep/V.I.P	Swim Fit/Masters/Tri Club	Lessons	Swim Team
Monday Wednesday	5:35 - 6:45AM	7		5:35-6:45AM	3	
	6:45 - 8:15AM	3		6:45 - 7:45AM	4	6:45-8:15AM
	8:15 - 9:00AM	7				
	9:00 - 10:00AM	2		8:30 - 9:30AM	3	9:00 - 10:00AM
	10:15 - 11:45AM	7		Aquafit	5	10:15-11:45AM
	11:45-4:30PM	7				Race 4 Chase
	4:30 - 6:30PM	1				1:15-3:00 PM
	6:30-7:30PM	4	6:30 - 10:00PM	6:30-7:30PM	4	4:30-6:30 PM
7:30- 10:00PM	8		Aquafit Deep			
Tuesday Thursday	5:35 - 6:45AM	10				
	6:45 - 8:15AM	3		6:45-7:45AM	4	6:45-8:15AM
	8:15 - 9:00AM	10				
	9:00 - 10:00AM	3		9:00-10:00AM	3	9:00 - 10:00AM
	10:00 - 11:00AM	7		10:00-11:00AM	3	Swim Fit
	11:45 - 1:15 PM	10		VIP		10:15-11:45AM
	1:15-3:00 PM	7				1:15-3:00 PM
	4:00-6:00PM	1				4:00-6:00 PM
6:00-7:30PM	10			Masters	5	
7:30 - 10:00PM	5			7:30-10:00pm		
Friday	5:35 - 6:45AM	4				
	6:45 - 7:45AM	6		6:45 - 7:45AM	4	6:45-8:15AM
	7:45 - 9:00AM	7		Aqua Fit	5	
	9:00 - 9:30AM	2				
	9:30 - 10:00AM	5		8:30 - 9:30AM	3	9:00 - 10:00AM
	10:15 - 11:45AM	7		Aqua Fit		Swim Fit
	11:45 - 6:30PM	8	11:45- 6:30PM			10:15-11:45AM
	6:30 - 7:30PM	5	6:30 - 10:00PM	6:30-7:30PM	3	Race 4 Chase
7:30- 10:00PM	8		Aquafit Deep			
Saturday	7:00-8:30AM	3				6:30-9:30AM
	8:30-9:30AM	2				
	9:30-12:00PM	8				
	12:00-7:30PM	8	12:00-7:30pm			8:30-12:00PM
Sunday	7:30-9:10am	10				
	9:10-10:15am	5		9:10-10:15am	5	
	10:15-6:00pm	8	10:15-6:00pm	Aquafit		

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.

