

the  **WESTPORT WESTON FAMILY YMCA**
10-Lane Lap Pool Schedule

January 2 - March 5
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		6:45 - 7:45AM	5:35-6:45AM		
	6:45 - 8:15AM			Tri Club		
	8:15 - 9:15AM		8:15 - 9:15AM			
	9:15 - 10:15AM		Aquafit	9:15 - 10:15AM		
	10:15 - 3:15PM			Swim Fit		
	3:15 - 4:00PM					
	4:00 - 5:15PM			6:30-7:30PM	4:00-6:30 PM	3:15 - 5:15PM
	7:30-7:45PM			Aquafit		5:15-6:30PM
	7:45-9:15PM					6:30 - 7:45PM
	9:15- 10:00PM				7:45-10:00PM	7:45-9:15PM
No Lap 5:15-7:30pm				Masters		
Tuesday Thursday	5:35 - 6:45AM		6:45-7:45AM	6:30-8:00AM		
	6:45 - 8:00AM			Masters		
	8:00 - 9:00AM					
	9:00 - 10:00AM			9:00-10:00AM		
	10:00 - 11:00AM			Swim Fit		
	11:00 - 3:15PM			VIP		
	3:15 - 4:30PM				4:30 - 6:30PM	3:15 - 8:00PM
	6:30 - 8:00PM					
	8:00 - 9:15PM				8:00-10:00PM	8:00-9:15PM
	9:15-10:00PM				Masters	
No Lap 4:30-6:30pm						
Friday	5:35 - 6:45AM		6:45 - 7:45AM	5:35-6:45AM		
	6:45 - 8:15AM		Aqua Zumba	Masters/Tri-Club		
	8:15 - 9:15AM					
	9:15 - 10:15AM			9:15 - 10:15AM		
	10:15 - 3:15PM			Aqua Zumba		
	3:15 - 5:15PM					3:15 - 5:15PM
	No Lap 5:15-6:30PM					5:15-6:30PM
	6:30 - 7:30PM	6:30 - 10:00PM		6:30-7:30PM		
	7:30- 10:00PM			Aquafit Deep		
Saturday	7:00-8:30AM					6:00-7:00AM
	8:30-10:00AM					7:00-11:45AM
	10:00-11:00AM				8:30-10:00AM	
	11:00-11:45AM				10:00-11:00AM	
	11:45-1:00PM				11:00-11:45AM	
	1:00-7:30PM	1:00-7:30pm				
Sunday	7:30-9:00am			7:30-9:00AM		
	9:00-10:15am			Masters		
	10:15-3:30pm	10:45-6:00pm			9:00-10:45AM	
	3:30-6:00pm					3:30-5:30pm
						Special Olympics

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

