FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL SCHEDULE Effective 1/5 – 3/29

LAP SWIM/OPEN SWIM

Monday

5:35-6:35AM
Lap (7)
Masters (3)

6:45-7:45 AM
Aqua Fit (4)

6:45-9:00 AM
Lap (6)

8:30-9:30 AM
Aqua Fit Deep(3)

9:00-10:00 AM
Swim Fit (5)
Lap (2)

10:00-3:15 PM
Lap (10)

3:15-4:00 PM
Lap (2)

3:15-7:45 PM
Swim Team (8)

4:00-6:30
Swim Lessons (2)

****6:30-7:30**
Aqua Fit (3)

7:45-10:00 PM
Lap Swim (7)
Open (3)

Tuesday

5:35-6:35AM
Lap (10)

6:45-9:00 AM
Lap (6)

6:45-7:45 AM
Aqua Fit (4)

9:00-10:00 AM
Aqua Fit (3)
Swim Fit (5)
Lap (2)

10:00-3:15 AM
Lap (10)
****10:15-11:00**
V.I.P Pre/Post Natal (2)

3:15-4:00PM
Lap (2)

3:15-7:30 PM
Swim Team (8)

4:00-5:30
Swim Lessons (2)

6:15-7:30 PM
Lap (2)

7:30-8:00 PM
Swim Team (7)
Lap (3)

8:00-10:00 PM
Masters (6)
Lap (4)

Wednesday

5:35-6:35AM
Lap (7)
Masters (3)

6:45-7:45 AM
Aqua Fit (4)

6:45-9:00 AM
Lap (6)

8:30-9:30 AM
Aqua Fit (3)

9:00-10:00 AM
Swim Fit (5)
Lap (2)

10:00-3:15 PM
Lap (10)

3:15-5:00 PM
Lap (1)

3:15-6:30 PM
Swim Team (8)

4:30-6:10
Swim Lessons (1)

6:30-7:30
Aqua Fit (4)

6:30-8:00 PM
Swim Team (7)

7:30-8:00 PM
Lap (2)

8:00-10:00 PM
Lap (7)
Open(3)

Thursday

5:35-6:35AM
Lap (10)

6:45-9:00 AM
Lap (6)

6:45-7:45 AM
Aqua Fit (4)

9:00-10:00 AM
Aqua Fit (3)
Swim Fit (5)
Lap (2)

10:00-3:15 AM
Lap (10)
****10:15-11:00**
V.I.P Pre/Post Natal (2)

3:15-4:00 PM
Lap (1)

3:15-7:30 PM
Swim Team (8)

****4:00-5:25**
Swim Lessons (2)

7:30-8:00 PM
Swim Team (7)
Lap (3)

8:00-10:00 PM
Masters (6)
Lap (4)

Friday

5:35-6:35AM
Lap (7)
Masters (3)

6 :45-7:45 AM
Aqua Fit (4)

6:45-9:00 AM
Lap (6)

8:30-9:30 AM
Aqua Fit (3)

9:00-10:00 AM
Swim Fit (5)
Lap (2)

10:00-3:15 PM
Open (3)
Lap (7)

3:15-6:30 PM
Swim Team (8)
****3:15-4:45**
Lap Swim (1)
Lessons (1)

6:30-7:30PM
Lap (7)
Deep Water Jog (3)

7:30-10:00
Lap (7)
Open (3)

Saturday

6:00-7:00 AM
Swim Team (10)

7:00-8:30 AM
Swim Team (7)

7:00-8:30 AM
Lap Swim (3)

****8:30-11:30**
Swim Team (6)

****8:30-12:15**
Swim Lessons (2)
Lap (2)

11:30-1:00 PM
Lap Swim (5)
Masters (5)

1:00-7:30PM
Lap Swim (7)
Open (3)

Sunday

7:30-9:15 AM
Lap (10)

9:15– 10:15 AM
Aqua Fit (5)
Lap (5)

10:15-6:00 PM
Lap (7)
Open (3)

Additional Information

1. The number in parenthesis denotes the amount of lanes set aside for that specific activity. We reserve the right to hold privates lessons and lifeguard drills during LAP and OPEN time.
2. Open time includes open swim AND use of the aquatic climbing wall.

LAP Swim

Aqua-Fit

Swim Team

Swim Lessons

Questions?

Please contact Nicole Turechek, Aquatics Director, at 203-226-8981 ext. 121 or nturechek@westporty.org.

WESTPORT WESTON FAMILY Y
14 Allen Raymond Lane
Westport, CT 06880

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHALLOW (WARM) POOL SCHEDULE
Splash Pad/Primary Area

Monday
5:35-9:00 AM
Adult Swim

9:00 –11:30 AM
Therapeutic Swim
Group Lessons

9:00 –3:45 PM
Open
****Splash Pad only**

1:30 - 6:00 PM
Group Lessons

6:00 –10:00 PM
Open

Tuesday
5:35-9:00 AM
Adult Swim

9:00 –11:00 AM
Therapeutic Swim

9:00 –3:45PM
Open
****Splash Pad only**

1:30-6:00 PM
Group Lessons

6:00 –10:00 PM
Open

Wednesday
5:35-9:00 AM
Adult Swim

9:00-11:30 AM
Lessons/Open
Therapeutic Swim

9:00 - 3:45 PM
Open
****Splash Pad only**

2:30 - 6:00 PM
Group Lessons

6:00 –10:00 PM
Open

Thursday
5:35-9:00 AM
Adult Swim

9:00 –11:30 AM
Therapeutic Swim
Lessons

9:00 –3:45 PM
Open
****Splash Pad only**

1:30 - 6:00 PM
Group Lessons

6:10 –10:00 PM
Open

Friday
5:35-11:00 AM
Adult Swim

9:00 –11:00PM
*Splash Pad only

11:00 - 4:00 PM
Lessons
Open

4:00 - 5:00 PM
After School Group
Open *Splash Pad only

5:00 - 10:00 PM
Open

Saturday
8:30–12:30 PM
Group Lessons

12:30–7:30 PM
Open

Sunday
7:30 - 10:00 AM
Open

10:00–12:30 PM
Group Lessons

12:30-6:00 PM
Open

Lanes

Monday
5:35-9:00 AM
Adult Swim

9:00 –9:45 AM
Arthritis –Ruth

9:45 –1:30 PM
Lessons (1)
Adult Swim (1)

1:30 –5:30 PM
Group Lessons

5:30 –6:30 PM
Adaptive Lessons

6:30-7:15
Swim Team

7:15–8:15 PM
Adult Lessons (1)
Open (1)

8:15–10:00 PM
Open

Tuesday
5:35-9:30 AM
Adult Swim

9:30 –11:00 AM
Lessons (1)
Adult Swim (1)

11:00 –12:00 PM
Senior Aqua Fitness

12:15 –1:30 PM
Lap (1)
Open (1)

1:30– 6:10
Group Lessons

6:15-7:00 PM
Swim Team

7:00 –10:00 PM
Open

Wednesday
5:35-9:00 AM
Adult Swim

9:00 –9:45 AM
Arthritis –Ruth

9:45-2:30AM
Lessons (1)
Adult Swim (1)

2:30 - 6:30 PM
Group Lessons

6:30 –7:15 PM
Swim Team

7:15-10:00 PM
Open

Thursday
5:35-9:00 AM
Adult Swim

9:00 –11:00 AM
Therapeutic Lap

11:00–12:00 PM
Senior Aqua Fitness

12:15 –1:30 PM
lesson (1)
Lap (1)

1:30 - 6:15 PM
Group Lessons

6:15-7:00 PM
Swim Team

7:15 –8:30 PM
Open

8:30 –10:00 PM
Adult Swim

Friday
5:35-9:00 AM
Adult Swim

9:00 –9:45 AM
Arthritis –Ruth

9:45- 12:30PM
Therapeutic

12:30 –4:00 PM
Lessons/Open

4:00-5:00 PM
After School Program

4:00-6:00 PM
Adaptive Lessons

6:15-10:00 PM
Open

Saturday
7:00-8:30 AM
Lap Swim

8:30–12:30 PM
Group Lessons

12:30–2:00PM
Private Lesson (1)
Adult Lap (1)

2:00–7:30 PM
Open

Sunday
7:30 - 9:00 AM
Lap swim

9:00–1:00 PM
Group Lessons
Private Lessons

1:00-3:00 PM
Private lessons (1)
Open(1)

3:00 - 6:00 PM
Open