

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

June 26-August 6
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				
	6:45 - 8:15AM	3		6:45 - 7:45AM		6:45-8:15AM
	8:15 - 9:15AM	6				
	9:15 - 10:15AM	4		8:15 - 9:15AM		
	10:15 - 11:45AM	7		Aquafit	9:15 - 10:15AM	10:15-11:45AM
	11:45-4:30PM	10			Swim Fit	Race 4 Chase
	4:30 - 6:30PM	1				4:30-6:30 PM
	6:30-7:30PM	4	6:30 - 10:00PM	6:30-7:30PM		
7:30- 10:00PM	8	2	Aquafit Deep			8
Tuesday Thursday	5:35 - 6:45AM	10				
	6:45 - 8:15AM	3		6:45-7:45AM		6:45-8:15AM
	8:15 - 9:00AM	10				
	9:00 - 10:00AM	3		9:00-10:00AM	9:00 - 10:00AM	10:15-11:45AM
	10:00 - 11:00AM	7		10:00-11:00AM	Swim Fit	Race 4 Chase
	11:45 - 1:00PM	10		VIP		
	1:00-4:00PM	8				1:00-6:00PM
	4:00-6:00PM	1				4:00-6:00PM
6:00-7:30PM	10			Masters		8
7:30 - 10:00PM	5			7:30-10:00pm		
Friday	5:35 - 6:45AM	4				
	6:45 - 7:45AM	6		6:45 - 7:45AM		6:45-8:15AM
	7:45 - 8:15AM	7				
	8:15 - 9:15AM	6		8:15 - 9:15AM		
	9:15 - 10:15AM	4		Aqua Fit	9:15 - 10:15AM	10:15-11:45AM
	10:15 - 11:45AM	7			Swim Fit	Race 4 Chase
	11:45 - 6:30PM	10				
	6:30 - 7:30PM	6		6:30-7:30PM		
7:30- 10:00PM	8	7:30 - 10:00PM	Aquafit Deep			3
Saturday	7:00-8:30AM	3				6:30-9:30AM
	8:30-9:30AM	2				
	9:30-12:00PM	8				9:30-12:00PM
	12:00-7:30PM	8	12:00-7:30pm			
Sunday	7:30-9:10am	10				
	9:10-10:15am	5		9:10-10:15am		
	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.

