



# WESTPORT WESTON FAMILY YMCA

## 10-Lane Lap Pool Schedule

September 3 - December 31  
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	Tri-Club		
	6:45 - 8:15AM			5:30-6:40AM		
	8:15 - 9:15AM		8:15 - 9:15AM	6:30 - 8:00AM		
	9:15 - 10:15AM		Aquafit	Masters		
	10:15 - 3:15PM					
	3:15 - 4:45PM					
	7:30-7:45PM		6:30-7:30PM	9:15 - 10:15 AM	4:45-6:30 PM	3:15 - 5:15PM
	7:45-9:15PM		Aquafit	Swim Fit		5:15-6:30PM
	9:15- 10:00PM			7:45 - 10:00 pm		6:30 - 7:45PM
	No Lap 4:45-7:30pm			Masters		7:45-9:15PM
Tuesday Thursday	5:35 - 6:45AM		6:45-7:45AM	Tri-Club		
	6:45 - 8:00AM			5:30-6:40am		
	8:00 - 9:00AM		9:00-10:00AM	9:00 - 10:00 am		
	9:00 - 10:00AM		10:00-11:00AM	Swim Fit		
	10:00 - 11:00AM		VIP			
	11:00 - 3:15PM					
	3:15 - 4:30PM				4:30 - 6:30PM	3:15 - 6:30PM
	6:30 - 8:00PM					6:30-7:30PM
	8:00 - 9:15PM			8:00 - 10:00 pm		8:00-9:15PM
	9:15-10:00PM			Masters		
No Lap 4:30-6:30pm						
Friday	5:35 - 6:45AM		6:45 - 7:45AM	5:30 - 6:40 am		
	6:45 - 8:15AM		Aqua Zumba	Tri-Club		
	8:15 - 9:15AM			6:40-8:00am		
	9:15 - 10:15AM		8:15 - 9:15AM	Masters		
	10:15 - 3:15PM		Aqua Zumba	9:15 - 10:15 am		
	3:15 - 5:15PM			Swim Fit		
	No Lap 5:15-6:30PM					3:15 - 5:15PM
	6:30 - 7:30PM	6:30 - 10:00PM	6:30-7:30PM			5:15-6:30PM
	7:30- 10:00PM		Aquafit Deep			
Saturday	7:00-8:30AM				8:30-10:00AM	6:00-7:00AM
	8:30-10:00AM					7:00-11:45AM
	10:00-11:00AM				10:00-11:00AM	11:45-1:15PM
	11:45-1:15PM	1:15-7:30PM			11:00-11:45AM	
	1:00-7:30PM					
Sunday	7:30-9:00AM		9:10-10:15AM	7:30-9:00AM	9:00-10:00AM	
	9:00-10:15AM		Aquafit	Masters		
	10:15-11:00AM	1:00-6:00PM			Lessons	
	11:00-1:00PM					11:00-1:00PM
	1:00-6:00PM					Special Olympics

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

