

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		9:00-10:00AM	9:00 - 10:00 am		
	10:00 - 11:00AM		10:00-11:00AM	Swim Fit		
	11:00 - 3:15PM		VIP			
	3:15 - 4:30PM				4:30 - 6:30PM	3:15 - 6:30PM
	6:30 - 8:00PM					6:30-7:30PM
	8:00 - 9:15PM					8:00-9:15PM
	9:15-10:00PM			8:00 - 10:00 pm		
No Lap 4:30-6:30pm			Masters			
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		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			6:30-8:30AM		6:00-7:00AM
	8:30-10:00AM			Masters		7:00-11:45AM
	10:00-11:00AM	1:15-7:30PM			8:30-10:00AM	11:45-1:15PM
	11:45-1:15PM				10:00-11:00AM	
	1:00-7:30PM				11:00-11:45AM	
Sunday	7:30-9:00AM			7:30-9:00AM		
	9:00-10:15AM	1:00-6:00PM		Masters	9:00-10:00AM	
	10:15-11:00AM		9:10-10:15AM		Lessons	
	11:00-1:00PM		Aquafit			11:00-1:00PM
	1:00-6:00PM					Special Olympics

Questions?? Jennifer McDonald (203) 571-6041 jmcdonald@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.

