

the WESTPORT WESTON FAMILY YMCA
10-Lane Lap Pool Schedule

January 2 - June 16
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	8		6:45 - 7:45AM	4	Tri-Club	2				
	6:45 - 8:15AM	6				5:30-6:40AM	3				
	8:15 - 9:15AM	5		8:15 - 9:15AM	5	6:30 - 8:00AM					
	9:15 - 10:15AM	4		Aquafit		Masters					
	10:15 - 3:15PM	10									
	3:15 - 4:45PM	2									
	7:30-7:45PM	4		6:30-7:30PM	4	9:15 - 10:15 AM	6	4:45-6:30 PM	2	3:15 - 5:15PM	8
	7:45-9:15PM	4		Aquafit		Swim Fit				5:15-6:30PM	9
	9:15- 10:00PM	8				7:45 - 10:00 pm	2			6:30 - 7:45PM	6
No Lap 4:45-7:30pm					Masters				7:45-9:15PM	4	
Tuesday Thursday	5:35 - 6:45AM	7				Tri-Club	3				
	6:45 - 8:00AM	4		6:45-7:45AM	4	5:30-6:40am					
	8:00 - 9:00AM	10									
	9:00 - 10:00AM	2		9:00-10:00AM	4	9:00 - 10:00 am	4				
	10:00 - 11:00AM	7		10:00-11:00AM	3	Swim Fit					
	11:00 - 3:15PM	10		VIP							
	3:15 - 4:30PM	2						4:30 - 6:30PM	2	3:15 - 6:30PM	8
	6:30 - 8:00PM	1								6:30-7:30PM	9
	8:00 - 9:15PM	4								8:00-9:15PM	4
	9:15-10:00PM	7				8:00 - 10:00 pm	2				
No Lap 4:30-6:30pm					Masters						
Friday	5:35 - 6:45AM	7		6:45 - 7:45AM	4	5:30 - 6:40 am	3				
	6:45 - 8:15AM	6		Aqua Zumba		Tri-Club					
	8:15 - 9:15AM	5				6:40-8:00am	3				
	9:15 - 10:15AM	4		8:15 - 9:15AM	3	Masters					
	10:15 - 3:15PM	10		Aqua Zumba		9:15 - 10:15 am	6				
	3:15 - 5:15PM	2				Swim Fit				3:15 - 5:15PM	8
	No Lap 5:15-6:30PM									5:15-6:30PM	10
	6:30 - 7:30PM	5	6:30 - 10:00PM	2	6:30-7:30PM	3					
7:30- 10:00PM	8			Aquafit Deep							
Saturday	7:00-8:30AM	1				7:00-9:00AM	2			6:00-7:00AM	10
	9:00-10:00AM	1				Masters		8:30-10:00AM	1	7:00-11:45AM	7
	10:00-11:00AM	1						10:00-11:00AM	2	11:45-1:15PM	4
	11:45-1:15PM	6	1:15-7:30PM	2				11:00-11:45AM	1		
	1:00-7:30PM	8									
Sunday	7:30-8:30AM	7				7:30-9:00AM	3				
	9:00-10:15AM	4				Masters		9:00-10:00AM	1		
	10:15-11:00AM	9	1:00-6:00PM	2	9:10-10:15AM	5					
	11:00-1:00PM	6			Aquafit						
	1:00-6:00PM	8								11:00-1:00PM	
										Special Olympics	4

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.

