

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

June 24-August 18
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		5:35-6:45AM Tri Club		6:45-8:15AM
	6:45 - 8:15AM	3		6:45 - 7:45AM		
	8:15 - 9:15AM	6				
	9:15 - 10:15AM	4		8:15 - 9:15AM Aquafit	9:15 - 10:15AM Swim Fit	10:15-11:45AM Race 4 Chase
	10:15 - 11:45AM	7				
	11:45-4:30PM	10				
	4:30 - 6:30PM	3				4:30 - 6:30PM
	6:30-7:30PM	4	6:30 - 10:00PM	6:30-7:30PM Aquafit Deep		
7:30- 10:00PM	8	2	4		1	6
Tuesday Thursday	5:35 - 6:45AM	10				6:45-8:15AM
	6:45 - 8:15AM	3		6:45-7:45AM		
	8:15 - 9:00AM	10				
	9:00 - 10:00AM	3		9:00-10:00AM	9:00 - 10:00AM	10:15-11:45AM Race 4 Chase
	10:00 - 11:00AM	5		10:00-11:00AM VIP	Swim Fit	
	11:45 - 1:00PM	10				
	1:00-4:00PM	8				1:00-6:30PM
	4:00-6:30PM	1				4:00-6:30PM
6:30-7:30PM	10			Masters		
7:30 - 10:00PM	7			7:30-10:00pm		
Friday	5:35 - 6:45AM	4			5:35-6:45AM Masters/Tri-Club	6:45-8:15AM
	6:45 - 7:45AM	6		6:45 - 7:45AM		
	7:45 - 8:15AM	7				
	8:15 - 9:15AM	6		8:15 - 9:15AM Aqua Fit		
	9:15 - 10:15AM	4			9:15 - 10:15AM Swim Fit	10:15-11:45AM Race 4 Chase
	10:15 - 11:45AM	7				
	11:45 - 6:30PM	10				
	6:30 - 7:30PM	6		6:30-7:30PM Aquafit Deep		
7:30- 10:00PM	8	7:30 - 10:00PM	2			
Saturday	7:00-8:30AM	3				6:30-9:30AM
	8:30-9:30AM	2				
	9:30-12:00PM	8				
	12:00-7:30PM	8	12:00-7:30pm	2		9:30-12:00PM
Sunday	7:30-9:10am	10				
	9:10-10:15am	5		9:10-10:15am		
	10:15-6:00pm	8	10:15-6:00pm	2	Aquafit	

Questions?? Jenn McDonald, Aquatic Director (203) 571-6041 jmcdonald@wesporty.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.

