



# WESTPORT WESTON FAMILY YMCA

## 10-Lane Lap Pool Schedule

September 3, 2019 - January 1, 2020  
 Schedule subject to change.

Day	Lap	Open	Aquafit/Deep/V.I.P	Swim Fit/Masters/Tri Club	Lessons	Swim Team					
<b>Monday Wednesday</b>	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									
				6:30-7:30PM	4	9:15 - 10:15 AM	6	4:45-6:30 PM	2	3:15 - 5:15PM	8
	7:30-7:45PM	4		Aquafit		Swim Fit				5:15-6:30PM	9
	7:45-9:15PM	4								6:30 - 7:45PM	6
	9:15- 10:00PM	8				7:45 - 10:00 pm	2			7:45-9:15PM	4
	No Lap 4:45-7:30pm				Masters						
<b>Tuesday Thursday</b>	5:35 - 6:45AM	10		6:45-7:45AM	4	Tri-Club	2				
	6:45 - 8:00AM	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						
<b>Friday</b>	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							
<b>Saturday</b>	7:00-8:30AM	3								6:00-7:00AM	10
	8:30-10:00AM	2						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									
<b>Sunday</b>	7:30-9:00AM	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, Aquatic Director (203) 571-6041 [jmcdonald@westportymca.org](mailto: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.