

Regional YMCA of Western Connecticut

POOL SCHEDULE

Boughton Street

FALL SESSION (Sept 12th - Nov 6, 2005)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	ADULT LAP (5) (5:30 - 8)	ADULT LAP (5) (5:30 - 8)	ADULT LAP (5) (5:30 - 8)	ADULT LAP (5) (5:30 - 8)	ADULT LAP (5) (5:30 - 8)	CLOSED	CLOSED
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	ADULT LAP (3)	Aqua-Cardio Fitness & Adult Lap (2)	ADULT LAP (3)	Aqua-Cardio Fitness & Adult Lap (2)	ADULT LAP (3)	ADULT LAP (3)	ADULT LAP (5) 8:00-10:00am
8:30 AM	Open Swim		Open Swim		Open Swim	Open Swim(8 - 9)	
9:00 AM	Youth Lessons & Adult Lap (2) 9:00-10:30	Broadview School 9:00-10:00am & Lessons 10-10:30	Youth Lessons & Adult Lap (2) 9:00-10:30	Youth Lessons & Adult Lap (2) 9:00-10:30	ADULT LAP (3) Open Swim 9:00-10:30	Youth Swimming Lessons 9:00-12:30	ADULT LAP (2) FAMILY 10:00-12:00
9:30 AM							
10:00 AM							
10:30 AM	WATER AEROBICS (10:30 - 11:30)	WATER AEROBICS & Synchro 10:30-11:30	WATER AEROBICS (10:30 - 11:30)	WATER AEROBICS & Lessons 10:30-11:30	WATER AEROBICS (10:30 - 11:30)	ADULT LAP (2) 12:30-5:00pm	ADULT LAP (2) 12:00-4:00pm
11:00 AM			ADULT LAP (3)	Adult Lap/Open (11:30 - 1)	ADULT LAP (3)		
11:30 AM	ADULT LAP (3)		FAMILY (11:30 - 1)	Adult Lap/Open (11:30 - 1)	FAMILY (11:30 - 1)		
12:00 PM	FAMILY (11:30 - 1)	Adult Lap/Open (11:30 - 1)					
12:30 PM							
1:00 PM	SENIORS (1 - 2)	Adult Lap/Open 1:00-2:30pm	SENIORS (1 - 2)	Youth Lessons & Open Swim 1:00-2:30pm	SENIORS (1 - 2)		
1:30 PM	ADULT LAP (1)		ADULT LAP (1)		ADULT LAP (1)		
2:00 PM	ADULT LAP (3)	One Lane Lessons	OPEN (2 - 2:30)		OPEN (2 - 2:30)	Open/Family 12:30-4:00pm	Open/Family 12:00-3:00pm
2:30 PM	Danbury HS (2:30 -4:00)	Danbury HS (2:30 -4:00)	Danbury HS (2:30 -4:00)	Danbury HS (2:30 -4:00)	Danbury HS (2:30 -4:00)	Family Swim 4:00-5:00pm	CLOSED AT 4:00pm
3:00 PM							
3:30 PM							
4:00 PM	Youth Swimming Lessons 4pm-6pm	Youth Swimming Lessons 4pm-6pm	Youth Swimming Lessons 4pm-6pm	Youth Swimming Lessons 4pm-6pm	Youth Swimming Lessons 4pm-6pm	CLOSED AT 5:00 PM	
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:00 PM	ADULT LAP (3)	OPEN (6 - 6:30)	OPEN (6 - 6:30)	OPEN (6 - 6:30)	ADULT LAP (3)		
6:30 PM	FAMILY (6 - 7)	HYDRO FITNESS (6:30 - 7:30)	Ad.Less 6:30pm	HYDRO FITNESS (6:30 - 7:30)	FAMILY (6 - 7)		
7:00 PM	ADULT LAP (2)		Adult Lap 6:30-7:30pm	ADULT LAP (2)	ADULT LAP (2)	ADULT LAP (2)	
7:30 PM	(7:00-9:00pm)				(7:00-9:00pm)		
8:00 PM	FAMILY/OPEN	FAMILY/OPEN	FAMILY/OPEN	FAMILY/OPEN	FAMILY/OPEN		
8:30 PM	7:00-9:00pm	7:30-9:00pm	7:30-9:00pm	7:30-9:00pm	7:00-9:00pm		
8:45 PM							

ALL CHILDREN UNDER THE AGE 8 MUST BE ACCOMPANIED BY AN ADULT IN THE WATER.

FAMILY (FAM): MEMBERS UNDER 18 MUST BE ACCOMPANIED BY PARENT OR GUARDIAN

ADULT LAP(A/L): ADULT (OVER 18) FULL MEMBER

OPEN: OPEN SWIM FOR ALL FULL MEMBERS PARENT REQ FOR CHILDREN UNDER 8

SENIOR: SENIOR CITIZEN MEMBER

1 - 5 # OF LANES AVAILABLE FOR ACTIVITY

OF LANES IS AT LIFEGUARDS DISCRETION

**SAUNA CLOSES WHEN POOL IS
CLOSED FOR THE EVENING**

CARING, HONESTY, RESPECT AND RESPONSIBILITY
ARE VALUES CHILDREN LEARN FROM ADULTS