





WALLINGFORD FAMILY YMCA TEACHING POOL SCHEDULE

FALL 2018: OCTOBER 30th - DECEMBER 16th

UPDATED
10/30/2018

SUN.	MON.	TUES.	WEDS.	THUR.	FRI.	SAT.
	7-8am -- Open Swim		7-8am -- Open Swim		7-8am -- Open Swim	
8-9am -- Open Swim	8-9am -- Water Aerobics		8-9am -- Water Aerobics		8-9am -- Water Aerobics	8-9am -- Open Swim
9-11:15am -- Swim Lessons	9-10am -- Open Swim		9-11am -- Swim Lessons		9-10am -- Open Swim	9-10:10am -- Swim Lessons
	10:30-11:30am -- Open Swim		11am-12pm -- Open Swim			
10:40-2pm -- Open Swim	11:30am-12:15pm -- Parkinson's Class	1-2pm -- Open Swim		12-2pm -- Open Swim		10:10am-2pm -- Open Swim
		2-3pm -- Benhaven		2-3pm -- Benhaven		
 NOTICE: Birthday parties can take over OPEN SWIM time on weekends. Please call ahead to confirm the pool is available for open swim.	3-5:30pm -- Open Swim	3-5:30pm -- Open Swim	3-5:30pm -- Open Swim	3-5:30pm -- Open Swim	3-4pm -- Open Swim	NOTICE: Private Swim Lessons may occur during periods designated as OPEN SWIM or SWIM LESSONS. 
	5:30-8:15pm -- Swim Lessons	5:30-6:30pm -- Water Aerobics	5:30-8pm -- Swim Lessons	5:30-8pm -- Swim Lessons	4-6:15pm -- Swim Lessons	
		6:30-8pm -- Open Swim			6:15-8pm -- Open Swim	

NOTICE: Swimming Lessons start on Monday, October 29th- sign up now! Please note that Family Time, Flick & Float, Youth Night, & Friday Nights Out will be utilizing the teaching pool on Friday evenings after swimming lessons.