



# WALLINGFORD FAMILY YMCA

## LAP POOL SCHEDULE

### JANUARY 7 - FEBRUARY 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					5-6AM 1 Adult Open 3 Lap	
					6-8AM 1 Adult Open 1 Lap, 2 WFYD	
4:30-10:30AM 1 Adult Open 3 Lap	4:30-10:30AM 1 Adult Open 3 Lap	4:30-10:30AM 1 Adult Open 3 Lap	4:30-10:30AM 1 Adult Open 3 Lap	4:30-10:30AM 1 Adult Open 3 Lap	8-9AM 1 Lap, 3 WFYD	7-8:45AM 1 Adult Open 1 Lap, 2 WFYD
					9-10:10AM 1 Adult Open 3 Lap	8:45-11AM 1 Adult Open 2 Lap, 1 Lesson
10:30-11:30AM 4 Water Aerobics	10:30-11:30AM 4 Silver Sneakers Splash	10:30-11:30AM 4 Water Aerobics	10:30-11:30AM 4 Silver Sneakers Splash	10:30-11:30AM 4 Water Aerobics	10:10AM-12PM 1 Adult Open 2 Lap, 1 Lesson	11AM-12PM 1 Adult Open 3 Lap
11:30AM-4:30PM 1 Adult Open 3 Lap	11:30AM-5PM 1 Adult Open 3 Lap	11:30AM-4PM 1 Adult Open 3 Lap	11:30AM-4PM 1 Adult Open 3 Lap	11:30AM-5PM 1 Adult Open 3 Lap	12-4:45PM 2 Open, 2 Lap	12-4:45PM 2 Open, 2 Lap
			4-5:15PM 1 Adult Open 2 Lap, 1 Lesson			
4:30-8PM 4 WFYD	5-8:30PM 4 WFYD	4-8:45PM 4 WFYD	5:15-8:30PM 4 WFYD	5-7:45PM 4 WFYD	<p style="text-align: center;"><b>PLEASE NOTE</b></p> <p>Private Swim Lessons may occur during periods designated as ADULT OPEN, LAP SWIM or OPEN SWIM.</p> <p>Birthday Parties can take over OPEN SWIM time on weekends. Please call ahead to confirm the pool is available for Open Swim.</p>	
8-9PM 4 Lap	8:30-9PM 4 Lap		8:30-9PM 4 Lap	7:45-9PM 4 Lap		