



WALLINGFORD FAMILY YMCA

TEACHING POOL SCHEDULE

JANUARY 7 - FEBRUARY 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8AM Open Swim	7-8:15AM Open Swim	7-8AM Open Swim	7-8:15AM Open Swim	7-8AM Open Swim		
8-9AM Water Aerobics	8:15-9AM Aqua Jogging	8-9AM Water Aerobics	8:15-9AM Aqua Jogging	8-9AM Water Aerobics	8-9AM Open Swim	8-9AM Open Swim
9-11:30AM Open Swim	9-11:45AM Open Swim	9-11AM TLC Swim Lessons	9-11:45AM Open Swim	9AM-4:30PM Open Swim	9AM-1PM Swim Lessons	9AM-12PM Swim Lessons
11:30AM-12:15PM Parkinson's Aqua Exercise						
12:15-5:30PM Open Swim		11AM-5:30PM Open Swim			9AM-4:30PM Open Swim	1-1:45PM Open Swim
	2-3:15PM Benhaven Rental		2-3:15PM Benhaven Rental		<p>PLEASE NOTE</p> <p>Private Swim Lessons may occur during periods designated as OPEN SWIM or SWIM LESSONS.</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>	
	3:15-5:30PM Open Swim		3:15-5:30PM Open Swim			
5:30-8PM Swim Lessons	5:30-6:30PM Aqua Fit	5:30-7:45PM Swim Lessons	5:30-7:45PM Swim Lessons	4:30-6:45PM Swim Lessons		
	6:30-7:40PM Swim Lessons			6:45-8PM Open Swim		
	7:40-8PM Open Swim					