



WALLINGFORD FAMILY YMCA TEACHING POOL SCHEDULE MARCH 4 - APRIL 21, 2019

MON	TUE	WED	THU	FRI	SAT	SUN
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-12PM Swim Lessons	9-11:20AM Swim Lessons
11:30AM-12:15PM Parkinson's Class						
				9AM-4:30PM Open Swim	12-1:45PM Open Swim	11:20AM-1:45PM Open Swim
12:15-5PM Open Swim	2-3:15PM Benhaven	11AM-5:30PM Open Swim	2-3:15PM Benhaven		<p style="text-align: center;">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. Pool may be closed on Friday Nights for Youth & Family Activities Please call ahead or check the Google Calendar schedule on our website or mobile app to confirm the pool is available for Open Swim.</p>	
	3:15-5:30PM Open Swim		3:15-5:30PM Open Swim			
5-7:20PM Swim Lessons	5:30-6:30PM Aqua Fit		5:30-8PM Swim Lessons	4:30-7PM Swim Lessons		
	6:50-7:40PM Swim Lessons	5:30-8PM Swim Lessons	5:30-8PM Swim Lessons			
7:20-8PM Open Swim	7:40-8PM Open Swim			7-8PM Open Swim (may be closed for Youth Activities)	OPEN SWIM FREE FOR MEMBERS PRE-REGISTRATION REQUIRED RENTAL	