



# WALLINGFORD FAMILY YMCA

## TEACHING POOL SCHEDULE

### APRIL 29th - JUNE 9th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00AM Open Swim	7:00-8:00AM Open Swim	7:00-8:00AM Open Swim	7:00-8:00AM Open Swim	7:00-8:00AM Open Swim		
8:00-9:00AM Water Aerobics	8:00-9:00AM Aqua Jogging	8:00-9:00AM Water Aerobics	8:00-9:00AM Aqua Jogging	8:00-9:00AM Water Aerobics	8:00-9:00AM Open Swim	8:00-9:00AM Open Swim
9:00-11:30AM Open Swim	9:00-2:00PM Open Swim	9:00-11:00AM TLC Swim Lessons	9:00-2:00PM Open Swim	9:00-5:15PM Open Swim	9:00AM-12:15PM Swim Lessons	9:00AM-11:15PM Swim Lessons
11:30-12:15PM Parkinson's Class						
12:00-5:00PM Open Swim	2:00-3:15PM Benhaven	11:00-5:30PM Open Swim	2:00-3:15PM Benhaven		12:15PM-1:45PM Open Swim	<p><b>PLEASE NOTE</b></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/ Swim Lessons		3:15-5:30PM Open Swim			
5:00-8:05PM Swim Lessons	5:30-6:30PM Aqua Fit	5:30-8:00PM Swim Lessons	5:30-7:15PM Swim Lessons	5:15-7:30PM Swim Lessons		
	6:30-8:00PM Swim Lessons		7:15-8:00PM Open Swim			

**\*Please call the Welcome Center at (203) 269-4497 or check our website for schedule changes.**

**<http://www.wallingfordymca.org>**