



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## NEW BRITAIN YMCA POOL SCHEDULE FALL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 6AM–8AM	Adult Lap Swim 6AM–8AM	Adult Lap Swim 6AM–8AM	Adult Lap Swim 6AM–8AM	Adult Lap Swim 6AM–8AM	Adult Lap Swim 6AM–7:20AM	
Water Aerobics 8AM–9AM	Water Aerobics 8AM–9AM	Water Aerobics 8AM–9AM	Water Aerobics/ Aqua Zumba 8AM–9:45AM	Water Aerobics 8AM–9AM	Aqua Zumba® 7:20AM–8AM (NEW!)	
SELECT Physical Therapy 12PM–2PM (ONE LANE)	Adult Lap Swim 12PM–2PM	Adult Lap Swim 12PM–2PM	SELECT Physical Therapy 12PM–2PM (ONE LANE)	Adult Lap Swim 12PM–2PM	Deep Water Walking 8AM–9AM	
Adult Lap Swim 12PM–2PM	Open Swim 2PM–7PM	Open Swim 2PM–7PM	Adult Lap Swim 12pm–2pm	Open Swim 2PM–8PM	Group Lessons 9AM – 12PM (CLOSED)	Open Swim 10AM–3PM
Open Swim 2PM–5PM	½ Reserved 7PM–8PM (SPACE LIMITED)	½ Reserved 7PM–8PM (SPACE LIMITED)	Open Swim 2PM–7PM	Group Lessons 5PM–7PM (SPACE LIMITED)	Open Swim 12PM–3PM	
Group Lessons 5PM–7PM (SPACE LIMITED)	CLOSED 8PM–9PM	CLOSED 8PM–9PM	Aqua Zumba® 7PM–7:45PM (CLOSED)	CLOSED 8PM–9PM	CLOSED 3PM–6:30PM	CLOSED 3PM–5PM
Aqua Zumba® 7PM–7:45PM (CLOSED)			CLOSED 8PM–9PM			
CLOSED 8PM–9PM						

### Please note:

- The pool schedule is subject to change. Please contact the Welcome Center for the most up-to-date schedule.
- Private Lessons may occur at any time where space is available.
- Group lessons have priority space in the pool. Sections of the pool may be temporarily closed to accommodate group lessons.
- During Group Exercise classes, the pool is closed to members not participating in the class.

MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.

MERIDEN YMCA  
110 West Main Street  
Meriden CT 06451  
P 203 235 6386 F 203 634 6517  
[www.meridenymca.org](http://www.meridenymca.org)  
[facebook.com/YMCA.Meriden](https://facebook.com/YMCA.Meriden)

NEW BRITAIN YMCA  
50 High Street  
New Britain CT 06051  
P 860 229 3787 F 860 225 8063  
[www.nbbymca.org](http://www.nbbymca.org)  
[facebook.com/NBBYMCA](https://facebook.com/NBBYMCA)

BERLIN YMCA  
362 Main Street  
Berlin CT 06037  
P 860 357 2717 F 860 828 7830  
[www.nbbymca.org](http://www.nbbymca.org)  
[facebook.com/BerlinYMCA](https://facebook.com/BerlinYMCA)