



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

SPRING 2019
NEW BRITAIN YMCA

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-8AM	
Water Aerobics 8AM-9AM	Water Aerobics 8AM-9AM	Water Aerobics 8AM-9AM	Water Aerobics/ Aqua Zumba 8AM-9:45AM	Water Aerobics 8AM-9AM	Deep Water Walking 8AM-9AM	
Open Swim 9AM-10AM	Open Swim 9AM-12PM	Open Swim 9AM-12PM	Open Swim 9:45AM-10AM	Open Swim 9AM-12PM	Group Lessons 9AM-12PM (CLOSED)	
SELECT Physical Therapy 10AM-12PM (SPACE LIMITED)	Adult Lap Swim 12PM-2PM	Adult Lap Swim 12PM-2PM	SELECT Physical Therapy 10AM-12PM (SPACE LIMITED)	Adult Lap Swim 12PM-2PM	Open Swim 12PM-3PM	Open Swim 10AM-3PM
Adult Lap Swim 12PM-2PM	Open Swim 2PM-7PM	Open Swim 2PM-7PM	Open Swim 2PM-7PM	Open Swim 2PM-5PM		
Open Swim 2PM-5PM	½ Reserved 7PM-8PM (SPACE LIMITED)	½ Reserved 7PM-8PM (SPACE LIMITED)	Aqua Zumba® 7PM-7:45PM (CLOSED)	Group Lessons 5PM-7PM (SPACE LIMITED)	CLOSED 3PM-6:30PM	CLOSED 3PM-5PM
Group Lessons 5PM-7PM (SPACE LIMITED)	CLOSED 8PM-9PM	CLOSED 8PM-9PM	CLOSED 8PM-9PM	½ Reserved 7PM-8PM (SPACE LIMITED)		
CLOSED 8PM-9PM				CLOSED 8PM-9PM		

Pool Schedule

The schedule is subject to change. Please contact the Welcome Center for the most up-to-date schedule.

Private Lessons

Private Lessons may occur at any time where space is available.

Group Lessons

Group lessons have priority space in the pool. Sections of the pool may be temporarily closed to accommodate group lessons.

Fitness Classes

During Group Exercise classes, the pool is CLOSED to members NOT participating in the class.

NEW BRITAIN-BERLIN YMCA

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