



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

WINTER 2018
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 8AM–9AM	Water Aerobics 8AM–9AM	Deep Water Walking 8AM–9AM	
Open Swim 9AM–12PM	Open Swim 9AM–12PM	Open Swim 9AM–12PM	Aqua Zumba® 9AM–10AM (CLOSED)	Open Swim 9AM–12PM	Group Lessons 9AM – 12PM (CLOSED)	
Adult Lap Swim 12PM–2PM	Adult Lap Swim 12PM–2PM	Adult Lap Swim 12PM–2PM	Adult Lap Swim 12PM–2PM	Adult Lap Swim 12PM–2PM	Open Swim 12PM–3PM (SPACE LIMITED)	Open Swim 10AM–3PM
Open Swim 2PM–5:30PM	Open Swim 2PM–8PM	Open Swim 2PM–5:30PM	Open Swim 2PM–7PM	Open Swim 2PM–8PM		
Pre-Swim Team 5:30PM–6:30PM (CLOSED)	½ Reserved 7PM–8PM (SPACE LIMITED)	Pre-Swim Team 5:30PM–6:30PM (CLOSED)	Aqua Zumba® 7PM–7:45PM (CLOSED)	Group Lessons 5PM–7PM (SPACE LIMITED)	CLOSED 3PM–6:30PM	CLOSED 3PM–5PM
Group Lessons 5PM–7PM (CLOSED)	CLOSED 8PM–9PM	Open Swim 6:30PM–8PM	CLOSED 8PM–9PM	CLOSED 8PM–9PM		
Aqua Zumba® 7PM–7:45PM (CLOSED)		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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