



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

WINTER 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)		
Aqua Zumba 7:15PM-8PM (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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