



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW BRITAIN YMCA POOL SCHEDULE WINTER 2020

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	
SELECT Physical Therapy 10AM–12PM (ONE LANE)	Open Swim 9AM–12PM	Open Swim 9AM–12PM	SELECT Physical Therapy 10AM–12PM (ONE LANE)	Open Swim 9AM–12PM	Deep Water Walking 8AM–9AM	
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	Group Lessons 9AM – 12PM (CLOSED)	Open Swim 10AM–3PM
Open Swim 2PM–5PM	Open Swim 2PM–7PM	Open Swim 2PM–7PM	Open Swim 2PM–7PM	Open Swim 2PM–5PM	Open Swim 12PM–3PM	
Group Lessons 5PM–8PM (SPACE LIMITED)	Aqua Zumba® 7PM–7:45PM (COMING FEBRUARY 4 TH)	½ Reserved 7PM–8PM (SPACE LIMITED)	Aqua Zumba® 7PM–7:45PM (CLOSED)	Group Lessons 5PM–7PM (SPACE LIMITED)		CLOSED 3PM–5PM
CLOSED 8PM–9PM	CLOSED 8PM–9PM	CLOSED 8PM–9PM	CLOSED 8PM–9PM	CLOSED 8PM–9PM	CLOSED 3PM–6:30PM	

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
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
facebook.com/NBBYMCA

BERLIN YMCA
362 Main Street
Berlin CT 06037
P 860 357 2717 F 860 828 7830
www.nbbymca.org
facebook.com/BerlinYMCA