



WALLINGFORD FAMILY YMCA TEACHING POOL SCHEDULE

March 9th - March 22nd

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 02/28/2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------|--------------------------|---|-----------------------------------|--|---------------------------------|---------------------------------|
| 7-8AM Open Swim | 7-8AM Open Swim | 7-8AM Open Swim | 7-8AM Open Swim | 7-8AM Open Swim | | |
| 8-9AM Water Aerobics | 8-9AM Aqua Jogging | 8-9AM Water Aerobics | 8-9AM Aqua Jogging | 8-9AM Water Aerobics | 8-9AM Open Swim | 8-9AM Open Swim |
| 9AM-5PM Open Swim | 9AM-5:30PM Open Swim | 9-11AM TLC Swim Lessons & Open Swim | 9:15-10AM Stretch & Balance | 9:15-10AM Aqua Volleyball | 9-11:45AM Swim Lessons | 9-11:15AM Swim Lessons |
| | | 11AM-5PM Open Swim | 10AM-5:30PM Open Swim | 10AM-4:30PM Open Swim | 11:45AM- 1:45PM Open Swim | 11:15AM- 1:45PM Open Swim |
| | | PLEASE NOTE: Private Swim Lessons may occur during periods designated as OPEN SWIM. Birthday Parties may occur during OPEN SWIM time on weekends. Please call ahead to confirm the pool is available for Open Swim. **Youth programming including Youth Nights and Flick n' Float movie nights may utilize the Teaching Pool on Friday nights. Please call the Welcome Center to confirm pool availability. | | | | |
| 5-8PM Swim Lessons | 5:30-8PM Swim Lessons | 5-8PM Swim Lessons | 5:30-8PM Swim Lessons | 4:30-5:30PM Ulbrich Boys & Girls Club Pool Rental | 5:30-8PM Open Swim** | |

For additional schedule changes, visit our website at <http://www.wallingfordymca.org/programs/schedules> or download our mobile app.