

DARIEN YMCA LARGE POOL SCHEDULE

Monday, March 18th - Sunday, March 31st, 2019

	MON. 3/18 & 3/25		TUES. 3/19 & 3/26		WED. 3/20 & 3/27		THURS. 3/21 & 3/28		FRI 3/22 & 3/29		SAT. 3/23 & 3/30		SUN. 3/24 & 3/31			
5:00 AM	ADULT RECR. 5 - 9 am		Adult Rec. 5 - 5:15 am		ADULT RECR. 5 - 9 am		Adult Rec. 5 - 5:15 am		ADULT RECR. 5 - 9 am		Closed					
6:00 AM			Adult Rec 5:15 - 7 am 2 lanes	Y Swim Tm. 5:15 - 7 am 4 lanes			Adult Rec 5:15 - 7 am 2 lanes	Y Swim Tm. 5:15 - 7 am 4 lanes								
7:00 AM			ADULT RECR. 7 am - 9:30 am				ADULT RECR. 7 am - 9 am								Y Sw. Team 7 - 9 am 3 lanes	Ad. Rec. 7 - 9 am 3 lanes
8:00 AM																
9:00 AM	AQUA	ADULT			DEEP	ADULT	HYDRO	ADULT	HYDRO	ADULT	Lessons		Adult Rec. 8 am - 1 pm			
9:30 AM	ZUMBA	REC	AQUA	ADULT	CORE	REC	HIIT	REC	HIIT	REC	9 - 9:45 am					
9:45 AM	9-10 am	9-10 am	ZUMBA 9:30-10:15	REC 9:30-10:15	9-10 am	9-10 am	9-10 am	9-10 am	9-10 am	9-10 am	Special Olympics 10 - 11 am					
10:00 AM	ADULT RECR. 10 - 10:30 AM		ADULT RECR. 10:15 - 10:30 AM		ADULT RECR. 10 - 10:30 AM		ADULT RECR. 10 - 10:30 AM		ADULT RECR. 10 - 10:30 AM							
10:30 AM	MASTERS 10:30-11:30	AD. RC. 10:30 AM	MASTERS 10:30-11:30	AD. RC. 10:30 AM	MASTERS 10:30-11:30	AD. RC. 10:30 AM	MASTERS 10:30-11:30	AD. RC. 10:30 AM	MASTERS 10:30-11:30	AD. RC. 10:30 AM						
11:00 AM	3 LANES	11:30 AM 3 LANES	3 LANES	11:30 AM 3 LANES	3 LANES	11:30 AM 3 LANES	3 LANES	11:30 AM 3 LANES	3 LANES	11:30 AM 3 LANES	ADULT REC. 11 am - 12 n.					
11:30 AM	ADULT REC 11:30am - 3:30 pm		ADULT REC 11:30am - 4 pm		ADULT REC 11:30am - 3:30 pm		ADULT REC 11:30am - 4 pm		ADULT REC 11:30am - 3:30 pm		Adult Rec 12n - 1:30	Lessons 12-2:30pm				
12 N.																
12:30 PM																
1:00 PM																
1:30 PM																
3:00 PM																
3:30 PM	Swim Team		ADULT REC		Swim Team		ADULT REC		Swim Team		ADULT REC					
4:00 PM	3:30 - 7:30 PM		11:30am - 4 pm		3:30 - 7:30 PM		11:30am - 4 pm		3:30 - 7 PM		1:30 - 6PM		Adult Rec. 1 - 5pm			
4:45 PM			Y Swim Team 4 - 4:45 pm				Y Swim Team 4 - 4:45 pm				A.A. RECR. B' DAY Parties 1:30 - 6PM		All Age Rec. 1 - 5pm			
5:00 PM			Lessons 4:45 - 5:30				Lessons 4:45 - 5:30									
5:30 PM			Y Sw. Tm. 4:45 - 5:30				Y Sw. Tm. 4:45 - 5:30									
5:40 PM			Adult Rec. 5:30 - 6:30 pm				Adult Rec. 5:30 - 6:30 pm									
6:00 PM											AD. REC 6 - 6:45 PM					
6:30 PM			Swim Team 6:30 - 8 PM				Swim Team 6:30 - 9 PM									
7:00 PM																
7:30 PM	Adult Rec. 7:30 pm - 9:45 pm				Sp. Oly. 7:30 - 8 pm 4 lanes		Swim Team 7:30 - 8 pm 2 lanes		ADULT REC 7 - 9 PM		ALL AGE RECR. 7 - 9 PM		PL. CL. @ 5:45 PM			
8:00 PM			Sp. Oly. 8 - 9 pm 4 lanes				Adult Rec. 8 - 9:45 PM									
8:15 PM			Ad. Rec. 8 - 9 pm 2 lanes													
8:30 PM																
9:00 PM			Adult Rec. 9 - 9:45pm				Adult Rec. 9 - 9:45pm									
9:45 PM																

P O O L C L O S E S @ 9 : 4 5 P M

Updated:12-13-2018