DARIEN YMCA

SPRING SMALL POOL SCHEDULE MONDAY, MARCH 13th - SUNDAY, JUNE 18TH, 2017

Monday, May 29th (Memorial Day) the YMCA is open 7 am - 11:45 am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	ADULT REC 5 - 8:15 AM	ADULT REC 5 - 8:30 AM	ADULT REC 5 - 8:15 AM	ADULT REC 5 - 8:30 AM	ADULT REC 5 - 8:30 AM	closed	
7:00 AM						ADULT REC 7 - 9 AM	closed
8:00 AM							Adult Rec 8 am - 1 pm
8:15 AM	HYDRO FIT PLUS 8:15 - 9:15		HYDRO FIT PLUS 8:15 - 9:15				
8:30 AM		HYDRO FIT PLUS 8:30 - 9:30		HYDRO FIT PLUS 8:30 - 9:30	HYDRO FIT PLUS 8:30 - 9:30		
9:00 AM						LESSONS 9 AM - 12:45 PM	
9:15 AM	LESSONS 9:15 - 11 AM		LESSONS 9:15 - 11 AM				
9:30 AM		LESSONS 9:30 - 10 / A. A. R. 9:30 - 10		LESSONS 9:30 - 10 / A. A. R. 9:30 - 10	LESSONS 9:30- 10 / A. A. R. 9:30 - 10		
10:00 AM		LESSONS 10 - 11 AM		LESSONS 10 - 11 AM	LESSONS 10 - 11 AM		
11:00 AM	HYDRO FIT 11 - 12	HYDRO FIT 11 - 12	HYDRO FIT 11 - 12	HYDRO FIT 11 - 12	HYDRO FIT 11 - 12		
12 N.	ADULT REC	Aqua Exercise / NC	ADULT REC	Aqua Exercise / NC	ADULT REC		
12:30 PM	12 - 1 PM		12 - 1 PM	12 - 1 PM	12 - 1 PM	SPECIAL NEEDS 12:45 - 1:30 PM	
1:00 PM	LESSONS 1 - 1:30 / A. A. REC 1 - 1:30	LESSONS 1 - 1:30 / A. A. REC 1 - 1:30	LESSONS 1 - 1:30 / A. A. REC 1 - 1:30	LESSONS 1 - 1:30 / A. A. REC 1 - 1:30	LESSONS 1 - 1:30 / A. A. REC 1 - 1:30		All Age Rec. 1 - 5 pm
1:30 PM	LESSONS 1:30 - 2 PM	LESSONS 1:30 - 2 PM	LESSONS 1:30 - 2 PM	LESSONS 1:30 - 2 PM	LESSONS 1:30 - 2:30 PM	Lessons 1:30-2pm / Ad. Rec. 1:30-2pm	
2:00 PM	Lessons 2 - 2:30 / Ad. Rec. 2 - 2:30	Lessons 2 - 2:30 / Ad. Rec. 2 - 2:30	Lessons 2 - 2:30 / Ad. Rec. 2 - 2:30	Lessons 2 - 2:30 / Ad. Rec. 2 - 2:30	Lessons 2 - 2:30 / Ad. Rec. 2 - 2:30	Adult Rec. 2 - 3 pm	
2:30 PM	ADULT REC 2:30 - 3:30	ADULT REC 2:30 - 3:30	ADULT REC 2:30 - 3:30	ADULT REC 2:30 - 3:30	ADULT REC 2:30 - 3:30		
3:00 PM						All Age Rec 3 - 6 pm	
3:30 PM	LESSONS 3:30 - 4:15 / A. A. REC 3:30 - 4:15	LESSONS 3:30 - 4:15 / A. A. REC 3:30 - 4:15	LESSONS 3:30 - 4:15 / A. A. REC 3:30 - 4:15	LESSONS 3:30 - 4:15 / A. A. REC 3:30 - 4:15	LESSONS 3:45 - 4:15 / A. A. REC 3:30 - 4:15		
4:00 PM	LESSONS 4:15 - 5:30 pm	LESSONS 4:15 - 6:10 pm	LESSONS 4:15 - 5:30 pm	LESSONS 4:15 - 6:10 pm	LESSONS 4:15 - 6:15 pm		
5:30 PM	Kids Club 5:30 - 6:10 / Lessons 5:30 - 6:10		Kids Club 5:30 - 6:15 / Lessons 5:30 - 6:15				ADULT REC 5 - 5:45
5:45 PM							
6:00 PM							PL. CL. @ 5:45 PM
6:10 PM	ADULT REC 6:10 - 7 PM	Youth & Adult Lessons 6:15 - 7:15 PM	SPECIAL NEEDS 6:15 - 7:15	ADULT REC 6:10 - 7 PM	Fri. Nt. Sp. Needs group 6:15 - 6:45 pm	ADULT REC 6 - 6:45	
6:30 PM							
6:45 PM					ALL AGE REC 6:45 pm - 9 pm	PL. CL. @ 6:45 PM	
7:00 PM	ALL AGE REC 7 - 8 PM			ALL AGE REC 7 - 8:00 PM			
7:15 PM		ADULT REC 7:15 - 9:45	ALL AGE REC 7:15 - 8:15 pm				
7:30 PM							
8:00 PM	ADULT REC 8 - 9:45			ADULT REC 8 - 9:45			
8:15 PM			ADULT REC 8:15 - 9:45				
9:00 PM					Ad. Recr. 9 - 9:45 pm		
9:45 PM		POOL CLOSES @ 9:45 PM					