



DARIEN YMCA SMALL POOL SCHEDULE FALL 2022 SEPTEMBER 6-NOVEMBER 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:15 ADULT	5:00- 8:15 ADULT	5:00- 8:15 ADULT	5:00-7:00 ADULT	5:00-5:30 ADULT	7:00-9:00 ADULT	8:00-10:30 ADULT
8:15-9:15 WATER EX	8:15-9:15 WATER EX	8:15-9:15 WATER EX	8:15-9:15 WATER EX	8:15-9:15 WATER EX	9:00-1:00 LESSONS	10:30-12:00 LESSONS (2 Lanes)
9:30-10:30 LESSONS	9:30-11:15 LESSONS	9:30-11:15 LESSONS	9:30-11:15 LESSONS	9:30-11:15 LESSONS	1:00-2:00 ADULT	10:30-12:00 ADULT (1 Lane)
10:30-11:00 LESSONS 10:30-11:15 AQUA ARTHRITIS (Half Pool)	11:15-1:00 ADULT	11:15-1:00 ADULT	11:30-12:15 HYDROFIT (Half Pool) 11:30-12:15 ADULT (Half Pool)	11:15-1:00 ADULT	2:00-4:00 FAMILY	12:00-1:00 ADULT
11:00-1:00 ADULT (Half Pool) 11:30-12:15 HYDRO FIT (Half Pool)	1:00-2:30 LESSONS	1:00-2:30 LESSONS	12:15 AQUA ARTHRITIS (Half Pool) 12:15-1:00 ADULT (Half Pool)	1:00-2:30 LESSONS	4:00-4:45 ADULT	1:00-3:00 FAMILY
1:00-2:30 LESSONS	2:00-2:45 AQUA ARTHRITIS (Half Pool) 2:00-2:30 LESSONS (Half Pool)		1:00-2:30 LESSONS			
2:30-4:00 ALL AGES AND LESSONS	2:45-4:00 ALL AGES AND LESSONS	2:30-4:00 ALL AGES AND LESSONS	2:30-4:00 ALL AGES AND LESSONS	2:30-4:00 ALL AGES AND LESSONS		3:00-3:45 ADULT
4:00-6:00 LESSONS	4:00-6:00 LESSONS	4:00-6:00 LESSONS	4:00-6:00 LESSONS	4:00-6:00 LESSONS		
6:00-6:30 FAMILY SWIM	6:00-6:30 FAMILY SWIM	6:15-7:15 ARI PROGRAM AS OF 10/5 **	6:00-6:30 FAMILY SWIM	6:00-6:30 FAMILY SWIM		
6:30-9:15 ADULT	6:30-9:15 ADULT	7:15-9:15 ADULT	6:30-7:00 ADULT SWIM LESSONS 7:00-9:15 ADULT	6:30-7:30 PROGRAM 730-9:15 ADULT		
POOL CLOSSES AT 9:15	POOL CLOSSES AT 9:15	POOL CLOSSES AT 9:15	POOL CLOSSES AT 9:15	POOL CLOSSES AT 9:15	POOL CLOSSES AT 4:45	POOL CLOSSES AT 3:45

** WEDNESDAYS 6:00-6:30 FAMILY SWIM 6:30-9:15 ADULT UNTIL OCT 5