



DARIEN YMCA SMALL POOL SCHEDULE

MARCH 11 2024- JUNE 16 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|---|----------------------------------|-----------------------------|
| 5:00-8:00 ADULT LAP | 5:00-8:00 ADULT LAP | 5:00-8:00 ADULT LAP | 5:00-8:00 ADULT LAP | 5:00-8:00 ADULT LAP | 7:00-9:00 ADULT LAP | 8:00-10:30 ADULT LAP |
| 8:15-9:15 WATER EXERCISE | 8:15-9:15 WATER EXERCISE | 8:15-9:15 WATER EXERCISE | 8:15-9:15 WATER EXERCISE | 8:15-9:15 WATER EXERCISE | 9:00-1:30 SWIM LESSONS | 10:30-12:00 SWIM LESSONS |
| 9:30-10:00 FAMILY SWIM | 9:30-10:00 FAMILY SWIM | 9:30-10:00 FAMILY SWIM | 9:30-10:00 FAMILY SWIM | 9:30-10:00 FAMILY SWIM | 1:30-2:00 ADULT LAP | 12:00-1:00 ADULT LAP |
| 9:30-11 SWIM LESSONS | 9:30-11 SWIM LESSONS | 9:30-11 SWIM LESSONS | 9:30-11 SWIM LESSONS | 9:30-11 SWIM LESSONS | 2:00-4:00 FAMILY AND BIRTHDAY | 1:00-3:00 FAMILY SWIM |
| 11-11:30 ADULT LAP | 11:00-12:00 WATER EXERCISE- WATER WALK AND STRETCH | 11-12:30 ADULT LAP | 11:00-12:00 WATER EXERCISE - WATER WALK AND STRETCH | 11-12:30 ADULT LAP | 4:00-5:45 ADULT LAP | 3:00-4:45 ADULT LAP |
| 11:30-1:00 ADULT LAP/ WATER EX 1130 ONE LANE | 12:00-1:00 ADULT LAP | 12:30-1:00 ADULT LAP ADULT LESSON 1 LANE | 12:00-1:00 ADULT LAP | 12:30-1:00 ADULT LAP | | |
| 1:00-2:30 SWIM LESSONS | 1:00-2:30 SWIM LESSONS | 1:00-2:30 SWIM LESSONS | 1:00-2:30 SWIM LESSONS | 1:00-2:30 SWIM LESSONS | POOL CLOSES 5:45 | POOL CLOSES 4:45 |
| 2:30-4:00 FAMILY SWIM/LESSON | 2:30-4:00 FAMILY SWIM/LESSON | 2:30-4:00 FAMILY SWIM/LESSON | 2:30-4:00 FAMILY SWIM/LESSON | 2:30-4:00 FAMILY SWIM/LESSON | | |
| 4:00-5:30 SWIM LESSONS | 4:00-5:30 SWIM LESSONS | 4:00-5:30 SWIM LESSONS | 4:00-5:30 SWIM LESSONS | 4:00-5:30 SWIM LESSONS | | |
| 5:30-6:30 FAMILY SWIM /LESSON | 5:30-6:30 FAMILY SWIM/ LESSON | 5:30-6:15 FAMILY SWIM/LESSON | 5:30-6:30 FAMILY SWIM/LESSON | 5:30-6:30 FAMILY SWIM/LESSON 6:30-7:30 DIVERSE ABILITIES PROGRAM | | |
| 6:30-9:15 ADULT LAP | 6:30-9:15 ADULT LAP | 6:15-7:15 ARI 7:15-9:15 ADULT LAP | 6:30-9:15 ADULT LAP | 7:30-9:15 ADULT LAP | | |
| POOL CLOSES 9:15 | POOL CLOSES 9:15 | POOL CLOSES 9:15 | POOL CLOSES 9:15 | POOL CLOSES 9:15 | | |

NOTE: BREAK WEEK SCHEDULE will be created for April 15-21 and Memorial Day