FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM WATER POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:45 Free Swim (1-2) 5:30-6:45 Lap Swim (3-4)	5:30-8 Free Swim (1-2) 5:30-8 Lap Swim (3-4)	5:30-8 Free Swim (1-2) 5:30-8 Lap Swim (3-4)	5:30-6:30 Free Swim (1-2) 5:30-6:30 Lap Swim (3-4)	5:30-8 Free Swim (1-2) 5:30-8 Lap Swim (3-4)	7-8 Free Swim (1-2) 7-8 Lap Swim (3-4)	10-2 Free Swim (1-3) 10-2 Lap Swim (4)
6:30-8 Tri-Training (1-2) 6:45-8 Lap Swim (3-4)	8-1 Free Swim (1) 8-1 Fitness (2-4)	8-9 Fitness (1-3) 8-9 Lap Swim (4)	6:30-8 Tri-Training (1-2) 6:30-8 Lap Swim (3-4)	8-9 Fitness (1-3) 8-9 Lap Swim (4)	8-9 Free Swim (1) 8-9 Lap Swim (2) 8-9 Fitness (3-4)	2-5:45 Free Swim (1-2) 2-5:45 Lessons (3-4)
8-9 Fitness (1-3) 8-9 Lap Swim (4)	1-3:30 Free Swim (1-2) 1-3:30 Lessons (3-4)	9-10 Free Swim (1-2) 9-10 Lap Swim (3-4)	8-1 Free Swim (1) 8-1 Fitness (2-4)	9-9:30 Free Swim (1-2) 9-9:30 Lap Swim (3-4)	9-12:15 Lessons (1-4)	
9-10:15 Tri-Training (1-2) 9-10:15 Free Swim (3) 9-10:15 Lessons (4)	3:30-4:30 Free Swim (1-3) 3:30-4:30 Lap Swim (4)	10-11:30 Free Swim (1) 10-11:30 Lap Swim (2) 10-11:30 Guilford Lakes (3-4)	1-3:30 Free Swim (1-2) 1-3:30 Lessons (3-4)	9:30-11:00 Free Swim (1-2) 9:30-11:00 Lap Swim (3) 9:30-11:00 Lessons (4)	12:15-1:45 Swim Lessons (4) 12:15-1:45 Free Swim (1-3)	
10:15-11:30 Free Swim (1-2) 10:15-11:30 Lessons (3-4)	4:30-6:45 Free Swim (1-2) 4:30-6:45 Lessons (3-4)	11-11:30 Free Swim (1-2) 11-11:30 Lap Swim (3-4)	3:30-4:30 Free Swim (1-3) 3:30-4:30 Lap Swim (4)	11:00-11:30 Free Swim (1-2) 11:00-11:30 Lessons (3-4)	1:45-6:45 Free Swim (1-3) 1:45-6:45 Lap Swim (4)	
11:30-2:30 Free Swim (1) 11:30-2:30 Fitness (2-4)	6:45-7:45 Free Swim (1-2) 6:45-7:45 Fitness (3-4)	11:30-2:30 Free Swim (1) 11:30-2:30 Fitness (2-4)	4:30-6:45 Free Swim (1-2) 4:30-6:45 Lessons (3-4)	11:30-4 Free Swim (1-3) 11:30-4 Lap Swim (4)		
2:30-4 Free Swim (1-3) 2:30-4 Lap Swim (4)	7:45-8:45 Free Swim (1-3) 7:45-8:45 Lap Swim (4)	2:30-4 Free Swim (1-3) 2:30-4 Lap Swim (4)	6:45-7:45 Free Swim (1-2) 6:45-7:45 Fitness (3-4)	4-7:15 Free Swim (1-2) 4-7:15 Lessons (3-4)		
4-6:30 Free Swim (1-2) 4-6:30 Lessons (3-4)		4-6:30 Free Swim (1-2) 4-6:30 Lessons (3-4)	7:45-8:45 Tri-Training (1-2) 7:45-8:45 Free Swim (3-4)			
6:30-8:45 Free Swim (1-2) 6:30-8:45 Fitness (3-4)		6:30-8:45 Free Swim (1-2) 6:30-8:45 Fitness (3-4)				

BIRTHDAY PARTY USAGE:

SATURDAYS:

2:30-3:30, 5:00-6:00

SUNDAYS:

1:00-2:00

*In the event a member has a birthday party, lanes 3-4 are reserved for the group.

SOUNDVIEW FAMILY YMCA
A Branch of the Central Connecticut Coast
628 East Main Street, Branford CT 06405
P 203 481 9622 **F** 203 481 9363 **W** soundviewymca.org

Effective: 2/24/2014-4/20/2014 **Updated: 2/25/2014**

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COMPETITION POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30 Masters Swim (1) 5:30-7:30 Lap Swim (2-6)	5:30-7:30 Swim Teams (1-4) 5:30-7:30 Lap Swim (5-6)	5:30-7:30 Masters Swim (1) 5:30-7:30 Lap Swim (2-6)	5:30-7:45 Swim Teams (1-4) 5:30-7:45 Lap Swim (5-6)	5:30-7:30 Masters Swim (1) 5:30-7:30 Lap Swim (2-6)	7:00-9:00 Swim Team (1-6)	10-2 Lap Swim (1-6)
7:30-9 Free Swim (1-2) 7:30-9 Lap Swim (3-6)	7:30-5:00 Free Swim (1-2) 7:30-5:00 Lap Swim (3-6)	7:30-9 Free Swim (1-2) 7:30-9 Lap Swim (3-6)	7:45-8:45 Adv. Tri Swim (1-2) 7:45-8:45 Lap Swim (3-6)	7:30-9 Free Swim (1-2) 7:30-9 Lap Swim (3-6)	9-10 Fitness (1-2) 9-10 Lap Swim (3-6)	2-5:45 Free Swim (1-2) 2-5:45 Lap Swim (3-6)
9-10:30 Fitness (1-4) 9-10:30 Lap Swim (5-6)	5:00-7:00 Lap Swim (1) 5:00-7:00 Swim Team (2-6)	9-10:30 Fitness (1-4) 9-10:30 Lap Swim (5-6)	8:45-9:15 Free Swim (1-2) 8:45-9:15 Lap Swim (3-6)	9-10:30 Fitness (1-4) 9-10:30 Lap Swim (5-6)	10-11 Porpoise Club (1-2) 10-11 Lap Swim (3-6)	
10:30-5:00 Free Swim (1-2) 10:30-5:00 Lap Swim (3-6)	7:00-8:45 Lap Swim (1-6)	10:30-5:00 Free Swim (1-2) 10:30-5:00 Lap Swim (3-6)	9:15-11:15 Tri Swim (1-2) 9:15-11:15 Lap Swim (3-6)	10:30-5:00 Free Swim (1-2) 10:30-5:00 Lap Swim (3-6)	11-6:45 Free Swim (1-2) 11-6:45 Lap Swim (2-6)	
5:00-8:00 Lap Swim (1) 5:00-8:00 Swim Team (2-6)		5:00-7:00 Swim Team (1-6)	11:15-5:00 Free Swim (1-2) 11:15-5:00 Lap Swim (3-6)	5:00-7:15 Lap Swim (1) 5:00-7:15 Swim Team (2-6)		
8:00-8:45 Lap Swim (1-6)		7:00-8 Porpoise Club (1-2) 7:00-8 Lap Swim (3-6)	5:00-6:30 Swim Team (1-6)			
		8-8:45 Lap Swim (1-6)	6:30-8:00 Lap Swim (1) 6:30-8:00 Swim Team (2-6)			
			8:00-8:45 Lap Swim (1-6)			

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