

## DARIEN YMCA WINTER LARGE POOL SCHEDULE

Monday, November 28th, 2016 - Sunday, March 5th, 2017

The Y will be open from 7 am - 11:45 am on 11 / 24 / 2016 Thanksgiving Day / Open from 7 am - 2:45 pm on 12 / 31 / 2016 New Year's Eve  
 The Y will be closed on Christmas Eve 12 / 24 / 2016, 12 / 25 / 2016 Christmas Day & 01 / 01 / 2017 New Year's Day  
 No Youth Classes ( 12 / 24 / 2016 - 1 / 02 / 2017 ), ( 02 / 16 / 2017 - 02 / 21 / 2016 ), ( 04 / 10 / 2017 - 04 / 15 / 2017 )

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
5:00 AM	ADULT REC 5 am - 9 am		ADULT REC 5 AM - 5:30 am		ADULT REC 5 AM - 5:30 am		ADULT REC 5 AM - 5:30 am		ADULT REC 5 AM - 5:30 am		CLOSED		CLOSED							
5:30 AM			ADULT REC 5:30-7 AM 3 LANES	Y SWIM TEAM 5:30 - 7AM 3 LANES	ADULT REC 5:30-7 AM 2 LANES	HS Sw. Tm 5:30 - 7 am 4 lanes	ADULT REC 5:30 - 7 AM 3 LANES	Y SWIM TEAM 5:30 - 7AM 3 LANES	ADULT REC 5:30-7 AM 2 LANES	HS Sw. Tm 5:30 - 7 am 4 lanes										
7:00 AM			ADULT REC 7 AM - 9 am		ADULT REC 7 AM - 9 am		ADULT REC 7 AM - 9 am		ADULT REC 7 AM - 9 am						Y Sw. Tm. 7-9 am 3 lanes	Adult Rec. 7-9 am 3 lanes				
8:00 AM																	Y Sw. Tm. 8-9 am 3 lanes	Ad. Rec. 8-9 am 3 lanes		
9:00 AM	AQUA	ADULT REC	ADULT REC: 9 - 9:30 AM		DEEP CORE	ADULT REC	HYDRO HIIT	ADULT REC	HYDRO HIIT	ADULT REC	LESSONS 9:00 - 9:45		ADULT REC. 9 AM - 12N.							
9:30 AM	ZUMBA 9 - 10 AM	REC 9 - 10 am	HYDRO FIT	ADULT REC 9:30 - 10:15	9 - 10 AM	9 - 10 am	9 - 10 AM	9 - 10 am	9 - 10 AM	9 - 10 am										
10:00 AM	Adult Rec 10 - 10:30am		9:30-10:15 AM	Adult Rec 10 - 10:30am		Adult Rec 10 - 10:30am		Adult Rec 10 - 10:30am		SWIM TEAM 9:45 AM - 11:15AM										
10:15 AM			Adult Rec 10:15-10:30 am																	
10:30 AM	MASTERS 10:30-11:30 3 LANES	ADULT REC 10:30-11:30 3 LANES	MASTERS 10:30-11:30 3 LANES	ADULT REC 10:30-11:30 3 LANES	MASTERS 10:30-11:30 3 LANES	ADULT REC 10:30-11:30 3 LANES	MASTERS 10:30-11:30 3 LANES	ADULT REC 10:30-11:30 3 LANES	MASTERS 10:30-11:30 3 LANES	ADULT REC 10:30-11:30 3 LANES	Ad. Rec. 11:15 - 12N 5 lanes	Lessons 11:15am 12:15 PM 1 lane								
11:30 AM	ADULT REC 11:30 - 2:45 PM		ADULT REC 11:30 - 2:45 PM		ADULT REC 11:30 - 2:45 PM		ADULT REC 11:30 - 2:45 PM		ADULT REC 11:30 - 2:45 PM		ADULT REC 11:30 - 2:45 PM									
12 N.													Ad. Rec. 12n - 12:30 5 lanes		ADULT REC 12 N - 1 PM					
12:30 PM													Adult Rec. 12:30 3 lanes		Sp. Needs 12:30 3 lanes		ADULT RECR. 1:00 PM 5:45 PM		ALL AGE RECR. 1:00 PM 5:45 PM	
1:00 PM													ADULT REC 1:30 PM 6:00 PM		REC. 1:30 PM 6:00 PM		ADULT REC 5:45 PM		ALL AGE RECR. 1:00 PM 5:45 PM	
2:45 PM	DARIEN HIGH SCHOOL SW. TM. 2:45 - 4:45 PM		DARIEN HIGH SCHOOL SW. TM. 2:45 - 4:45 PM		DARIEN HIGH SCHOOL SW. TM. 2:45 - 4:45 PM		DARIEN HIGH SCHOOL SW. TM. 2:45 - 4:45 PM		DARIEN HIGH SCHOOL SW. TM. 2:45 - 4:45 PM		REC 1:30 PM 6:00 PM		RECR. & B'DAY PTY 1:30 PM 6:00 PM							
4:15 PM	YMCA SWIM TEAM 4:45 - 8:15 PM		Y SWIM LESSONS 4:45 - 5:30 PM		YMCA SWIM TEAM 4:45 - 8:15 PM		Y SWIM LESSONS 4:45 - 5:30 PM		YMCA SWIM TEAM 4:45 - 8 PM		ADULT REC 6 - 6:45 PM		PL. CL. @ 5:45 PM							
4:45 PM			ADULT REC. 5:30 - 6:30 PM				ADULT REC. 5:30 - 6:30 PM				ADULT REC 6 - 6:45 PM									
5:30 PM			YMCA SWIM TEAM 6:30 - 9 PM				YMCA SWIM TEAM 6:30 - 8:30 PM				PL. CL. @ 6:45 PM									
6:00 PM																				
6:30 PM																				
7:30 PM																				
8:00 PM	ADULT REC. 8:15 - 9:45 PM				ADULT REC. 8:15 - 9:45 PM		ADULT REC. 8:30 - 9:45 PM		A A REC 8 - 9 PM		ADULT REC 8 - 9 PM									
8:30 PM									ADULT REC: 9 - 9:45 pm											
9:00 PM			ADULT REC: 9 - 9:45 pm																	
9:45 PM	POOL CLOSSES @ 9:45 PM																			

Members - Please note the following changes to the YMCA's large pool schedule due to Darien HS swim meets

The large pool will close @ 2:30pm on the following dates to host swim meets: Wed. 01 / 04, Wed. 01 / 11, Wed. 01 / 18, Fri. 02 / 03, Wed. 02 / 08  
 The large pool will remain open until 4:45pm on the following dates due to "away" Darien HS swim meets: Fri. 01 / 13, Fri. 01 / 20, Wed. 01 / 25, Fri. 01 / 27, Wed. 02 / 01