

# Williston Lap Pool Schedule – March 2020\*

Program Info on Back ➡

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Dragon Boat</b> 8-9am (1)	<b>2</b> <b>Masters</b> 5:45-7am (3)  <b>Swim Team</b> 4-8:00pm (6) 8-8:30pm (5)	<b>3</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>4</b> <b>Swim Team</b> 6-7:30am (4)  <b>Masters</b> 7:45-9am (3)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-8:00pm (6)	<b>5</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Teamw</b> 4-8:30pm (6)	<b>6</b> <b>Swim Team</b> 6-7:30am (4)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-7pm (6) 7-7:30pm (5)	<b>7</b> <b>Masters</b> 7-8:30am (4)  <b>Swim Team</b> 8:30-10:30am (5) 10:30-11:45am (4)
<b>8</b> <b>Dragon Boat</b> 8-9am (1)  <b>Swim Team</b> 1-2pm (4)	<b>9</b> <b>Masters</b> 5:45-7am (3)  <b>Swim Team</b> 4-8:00pm (6) 8-8:30pm (5)	<b>10</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>11</b> <b>Swim Team</b> 6-7:30am (4)  <b>Masters</b> 7:45-9am (3)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-8:00pm (6)	<b>12</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>13</b> <b>Swim Team</b> 6-7:30am (4)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 5:30-7:30pm (4)	<b>14</b> <b>Masters</b> 7-8:30am (4)  <b>Swim Team</b> 8:30-10:30am (4)
<b>15</b> <b>Dragon Boat</b> 8-9am (1)  <b>Swim Team</b> 1-2pm (3)	<b>16</b> <b>Masters</b> 5:45-7am (3)  <b>Swim Team</b> 4-8:00pm (6) 8-8:30pm (5)	<b>17</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>18</b> <b>Swim Team</b> 6-7:30am (4)  <b>Masters</b> 7:45-9am (3)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-8:00pm (6)	<b>19</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>20</b> <b>Swim Team</b> 6-7:30am (4)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-7pm (6) 7-7:30pm (5)	<b>21</b> <b>Masters</b> 7-8:30am (4)  <b>Swim Team</b> 8:30-11:45am (5)
<b>22</b> <b>Dragon Boat</b> 1-3pm (1)	<b>23</b> <b>Masters</b> 5:45-7am (3)  <b>Swim Team</b> 4-8:00pm (6) 8-8:30pm (5)	<b>24</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>25</b> <b>Swim Team</b> 6-7:30am (4)  <b>Masters</b> 7:45-9am (3)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-8:00pm (6)	<b>26</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>27</b> <b>Swim Team</b> 6-7:30am (4)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-7pm (6) 7-7:30pm (5)	<b>28</b> <b>Masters</b> 7-8:30am (4)  <b>Swim Team</b> 8:30-11:45am (5)
<b>29</b> <b>Dragon Boat</b> 8-9am (1)	<b>30</b> <b>Masters</b> 5:45-7am (3)  <b>Swim Team</b> 4-8:00pm (6) 8-8:30pm (5)	<b>31</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>April 1</b> <b>Swim Team</b> 6-7:30am (4)  <b>Masters</b> 7:45-9am (3)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-8:00pm (6)	<b>2</b> <b>Masters</b> 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5)  <b>Swim Team</b> 4-8:30pm (6)	<b>3</b> <b>Swim Team</b> 6-7:30am (4)  <b>Cardio Surge</b> 9-10am (3)  <b>Swim Team</b> 4-7pm (6) 7-7:30pm (5)	<b>4</b> <b>Masters</b> 7-8:30am (4)  <b>Swim Team</b> 8:30-11:45am (5)  <b>Masters Swim Meet &amp; Vermont Games!</b> 12-4pm (6)

\*Subject to change due to swim team competition schedule. Please contact front desk for current schedule 802-864-8044. Questions: [rodneyc@edgevt.com](mailto:rodneyc@edgevt.com)

**EDGE Aquatics Programs are meant to support each person's desire for a healthy active lifestyle. People who use the pools represent all walks of life. Our professional aquatics staff is here to assist you in any way we can.**

**Adults can find:**

- \* Private instruction to take up swimming as a new activity, to refine technique, or to prepare for competition
- \* Group swimming for exercise or competition with a healthy social component
- \* Group exercise classes in the pool designed with your fitness level in mind

**Kids can find:**

- \* Group lessons taught by skilled instructors focused on confidence, skills, fun and safety, 6-week sessions
- \* Private lessons tailored to a child's existing skills aimed at rapid progress, by appointment
- \* Swim Team that welcomes new members year-round; a quick assessment is all it takes

**Families can find:**

- \* Family-focused private swim lessons where all family members attend and gain relevant skills, by appointment
- \* Opportunities to rent the pool for a birthday or movie night (weekend evenings)

**Contact** [rodneyc@edgevt.com](mailto:rodneyc@edgevt.com)

Is there something you'd like to see offered in the pools at the EDGE that we don't currently offer? *Let us know.*