

Williston Lap Pool Schedule – March 2020*

Program Info on Back 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Dragon Boat 8-9am (1)	2 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	3 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-8:30pm (6)	4 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	5 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Teamw 4-8:30pm (6)	6 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	7 Masters 7-8:30am (4) Swim Team 8:30-10:30am (5) 10:30-11:45am (4)
8 Dragon Boat 8-9am (1) Swim Team 1-2pm (4)	9 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	10 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-7:30pm (6)	11 NO Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	12 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-7:30pm (6)	13 NO Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-6:30pm (6)	14 Masters 7-8:30am (4) Swim Team 9:30-10:30am (4)
15 Dragon Boat 8-9am (1) Swim Team 1-2pm (3)	16 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	17 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-8:30pm (6)	18 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	19 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-8:30pm (6)	20 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	21 Masters 7-8:30am (4) Swim Team 8:30-11:45am (5)
22 Dragon Boat 1-3pm (1)	23 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	24 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-8:30pm (6)	25 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	26 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-8:30pm (6)	27 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	28 Masters 7-8:30am (4) Swim Team 8:30-11:45am (5)
29 Dragon Boat 8-9am (1)	30 Masters 5:45-7am (3) Swim Team 4-8:00pm (6) 8-8:30pm (5)	31 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-8:30pm (6)	April 1 Swim Team 6-7:30am (4) Masters 7:45-9am (3) Cardio Surge 9-10am (3) Swim Team 4-8:00pm (6)	2 Masters 5:30-6:45am (6) 6:45-8am (6) 10:45am-Noon (5) Swim Team 4-8:30pm (6)	3 Swim Team 6-7:30am (4) Cardio Surge 9-10am (3) Swim Team 4-7pm (6) 7-7:30pm (5)	4 Masters 7-8:30am (4) Swim Team 8:30-11:45am (5) Masters Swim Meet & Vermont Games! 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

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

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