

# pool schedule

## Swim Style Descriptions

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**Open Swim:** Open to all ages (includes infants, preschoolers, youth, teens and adults).

**Partial Open Swim:** The area of 2 lap lanes are open to all ages (includes infants, preschoolers, youth, teens and adults).

**Lap Swim:** Swimming in designated lanes. Open to men & women, ages 13 & over. "Open Style" lane available for water exercise, water running, synchronized swimming or other styles.

**Women's Dip:** Women ages 18 & over. No men or teens. One or two lap lanes available on request.

**Open Swim/ # Lap Lane:** Open Swim with 1 to 3 lap lanes available. Lap lane priority is given to lap swimmers.

**Deep Water Dip:** Swimming in the deep end of the pool only. The shallow end of the pool in use for classes.

**Shallow Water Dip:** Swimming in the shallow end of the pool only. The deep end of the pool in use for classes.

**Family Swim:** Children with adults. Children under age 18 must be accompanied by an adult age 18 or over.

*Note: To assure the safety of all pool users, Lifeguard may adjust the # of lanes based on pool participation.*

## Aquatic Class Descriptions

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**Ai Chi:** A simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in continual patterns. Benefits include increased muscle strength, balance, posture, and joint flexibility.

**Deep Water Exercise:** A deep-water aerobics class that is great for anyone in need of a good stretch and a high-energy workout. Held in the deep end of the pool, this non-impact class is designed to improve strength, flexibility and endurance. Flotation belts available.

**Water Exercise:** High energy, low impact workout class, held in the shallow end of the pool. Built into the class is a strong cardio segment combined with strength training, using resistant equipment and stretching to improve flexibility.

# pool schedule

Effective January 2, 2014

NOTE: POOL IS CLOSED AT TIMES WHEN NO ACTIVITY IS LISTED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00 a.m. Lap Swim	<b>5:00-6:00 a.m.</b> <b>**Power Swim Training-Patty</b>	6:00-8:40 a.m. Lap Swim	6:00-8:40 a.m. Lap Swim	6:00-8:40 a.m. Lap Swim	5:00-8:40 a.m. Lap Swim	6:30-9:00 a.m. Lap Swim
9:00-11:00 a.m. Reserved for Activity	6:00-8:40 a.m. Lap Swim	<b>8:45-9:30 a.m.</b> <b>Water Exercise-Ginni &amp; Deep Water Dip</b>	<b>8:45-9:30 a.m.</b> <b>Water Exercise-Noelle &amp; Deep Water Dip</b>	<b>8:45-9:30 a.m.</b> <b>Water Exercise-Ginni &amp; Deep Water Dip</b>	<b>8:45-9:30 a.m.</b> <b>Water Exercise-Maggy &amp; Deep Water Dip</b>	9:00-11:00 a.m. Reserved for Activity
11:00-2:30 p.m. Open/Lap Swim	<b>8:45-9:30 a.m.</b> <b>Water Exercise-Jill &amp; Deep Water Dip</b>	9:30-11:00 a.m. Reserved for Activity	9:30-10:30 a.m. Reserved for Activity	9:30-11:30 a.m. Open Swim/1 Lap Lane	9:30-11:00 a.m. Reserved for Activity	11:00-1:30 p.m. Open/2 Lap Lanes
2:30-3:00 p.m. Women's Dip	9:30-10:30 a.m. Reserved for Activity	11:00-11:30 a.m. Deep Water Dip	10:30-11:00 a.m. Open Swim	11:30-12:00 p.m. Women's Dip	<b>11:00-11:45 a.m.</b> <b>Deep Water Exercise-Bernadette &amp; Shallow Water Dip</b>	1:30-2:00 p.m. Women's Dip
3:00-4:00 p.m. Reserved for Activity	10:30-11:00 a.m. Open Swim	11:30-12:00 p.m. Open Swim/1 Lap Lane	<b>11:00-11:45 a.m.</b> <b>Deep Water Exercise-Ginni &amp; Shallow Water Dip</b>	12:00-1:00 p.m. Lap Swim	12:00-1:00 p.m. Lap Swim	2:00-3:00 p.m. Reserved for Activity
	<b>11:00-11:45 a.m.</b> <b>Deep Water Exercise-Jill &amp; Shallow Water Dip</b>	12:00-1:00 p.m. Lap Swim	12:00-1:30 p.m. Lap Swim	1:00-2:00 p.m. Open Swim/3 Lap Lanes	1:00-2:00 p.m. Open Swim/3 Lap Lanes	3:00-4:00 p.m. Open Swim
	12:00-1:30 p.m. Lap Swim	1:00-2:00 p.m. Open Swim/3 Lap Lanes	<b>1:30-2:15 p.m.</b> <b>Water Exercise-Bernadette &amp; Deep Water Dip</b>	<b>2:00-3:00 p.m.</b> <b>Ai Chi-Linda</b>	2:00-3:30 p.m. Open Swim/2 Lap Lane	
	<b>1:30-2:15 p.m.</b> <b>Water Exercise-Maggy &amp; Deep Water Dip</b>	3:00-5:00 p.m. Reserved for Activity	<b>2:30-3:30 p.m.</b> <b>Ai Chi-Donna</b>	<b>3:00-3:30 p.m.</b> <b>Joint Effort-Linda</b>	3:30-5:30 p.m. Reserved for Activity	
	2:15-3:30 p.m. Reserved for Activity	5:00-5:30 p.m. 2 Lap Lanes	3:30-6:30 p.m. Reserved for Activity	3:30-5:00 p.m. Reserved for Activity	5:30-8:00 p.m. Open/2 Lap Lanes	
	3:30-6:30 p.m. Open/Lap Swim	5:30-6:30 p.m. Open/2 Lap Lanes	<b>6:30-7:30 p.m.</b> <b>Water Exercise-Linda &amp; Deep Water Dip</b>	5:00-5:30 p.m. 2 Lap Lanes	8:00-9:00 p.m. Family Swim	
	<b>6:30-7:30 p.m.</b> <b>Water Exercise-Bernadette &amp; Deep Water Dip</b>	<b>6:30-7:15 p.m.</b> <b>Water Exercise-Sister Kathy &amp; Deep Water Dip</b>	7:30-8:30 p.m. Reserved for Activity	<b>6:30-7:15 p.m.</b> <b>Deep Water Exercise-Bernadette &amp; Shallow Water Dip</b>		
	7:15-8:00 p.m. Partial Open Swim					

## Age & Supervision Requirements

Child under 6 years:  
Adult (18 & over) must accompany in water.

Child 6 - 12 years:  
Adult (18 & over) must accompany in pool area.

Child over 13 years:  
No supervision required.

*Note: Additional age requirements are noted in swim descriptions.*

\*\*\$10 drop-in fee per class

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Central Massachusetts