

pool schedule

Swim Style Descriptions

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

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.

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Effective September 8, 2015

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	5:00-6:00 a.m. **Power Swim Training	6:00-8:40 a.m. Lap Swim	6:00-8:40 a.m. Lap Swim	6:00-8:40 a.m. Lap Swim	6:00-8:40 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	8:45-9:30 a.m. Water Exercise-Ginni & Deep Water Dip	8:45-9:30 a.m. Water Exercise-Maggy & Deep Water Dip	8:45-9:30 a.m. Water Exercise-Ana & Deep Water Dip	8:45-9:30 a.m. Water Exercise-Maggy & Deep Water Dip	9:00-11:00 a.m. Reserved for Activity
11:00-2:30 p.m. Open Swim/2 Lap Lanes	8:45-9:30 a.m. Water Exercise-Jill & Deep Water Dip	9:30-11:30 a.m. Reserved for Activity	9:30-10:30 a.m. Reserved for Activity	9:30-11:30 a.m. Open Swim/2 Lap Lanes	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	11:30-12:00 p.m. 2 Lap Lanes	10:30-11:00 a.m. Open Swim	11:30-12:00 p.m. Women's Dip	11:00-11:45 a.m. Deep Water Exercise-Bernadette & Shallow Water Dip	1:30-2:30 p.m. Reserved for Activity
3:00-4:00 p.m. Reserved for Activity	10:30-11:00 a.m. Open Swim	12:00-1:00 p.m. Lap Swim	11:00-11:45 a.m. Deep Water Exercise-Maggy & Shallow Water Dip	12:00-1:00 p.m. Lap Swim	12:00-1:00 p.m. Lap Swim	2:30-3:00 p.m. Women's Dip
	11:00-11:45 a.m. Deep Water Exercise-Jill & Shallow Water Dip	1:00-2:00 p.m. Open Swim/3 Lap Lanes	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	2:00-3:00 p.m. Ai Chi-Donna	1:30-2:15 p.m. Water Exercise-Bernadette & Deep Water Dip	2:00-3:00 p.m. Ai Chi-Linda	2:00-3:30 p.m. Open Swim/2 Lap Lanes	
	1:30-2:15 p.m. Water Exercise-Ana & Deep Water Dip	3:00-5:00 p.m. Reserved for Activity	2:30-3:30 p.m. Ai Chi-Donna	3:00-3:30 p.m. Joint Effort-Linda	3:30-5:30 p.m. Reserved for Activity	
	2:30-6:30 p.m. Open Swim/2 Lap Lanes	5:00-6:00 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	
	6:30-7:30 p.m. Water Exercise-Bernadette & Deep Water Dip	6:00-6:30 p.m. Open Swim/2 Lap Lanes	6:30-7:30 p.m. Water Exercise-Linda & Deep Water Dip	5:00-6:00 p.m. 2 Lap Lanes	8:00-9:00 p.m. Family Swim	
		6:30-7:15 p.m. Water Exercise-Sister Kathy & Deep Water Dip	7:30-8:30 p.m. Reserved for Activity	6:00-6:30 p.m. Open Swim/2 Lap Lanes		
		7:15-8:00 p.m. Open Swim/2 Lap Lanes		6:30-7:15 p.m. Deep Water Exercise-Bernadette & Shallow Water Dip		

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