

FAMILY POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 12:00pm-5:00pm	Open Swim 5:00am-8:15am	Open Swim 5:00am-8:15am	Open Swim 5:00am-8:15am	Open Swim 5:00am-8:15am	Open Swim 5:00am-8:15am	Open Swim 6:00am-8:30am
	Water Aerobics 8:15am-9:15am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:15am-9:15am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:15am-9:15am	Swim Lessons 8:30am-10:00am
	Water Aerobics 9:30am-10:30am	MGH Rental 9:00am-12:00pm	Water Aerobics 9:30am-10:30am	MGH Rental 9:00am-12:00pm	Water Aerobics 9:30am-10:30am	Open Swim 10:00am-4:45pm
	Water Aerobics 11:00am-12:00pm		Water Aerobics 11:00am-12:00pm		Water Aerobics 11:00am-12:00pm	
Open Swim 12:00pm-4:00pm	Open Swim 12:00pm-8:45pm	Open Swim 12:00pm-5:30pm	Open Swim 12:00pm-5:30pm	Open Swim 12:00pm-8:45pm	Open Swim 12:00pm-5:30pm	
Swim Lessons 4:00pm-5:00pm		Water Aerobics 5:30pm-6:30pm	Water Aerobics 5:30pm-6:30pm	Live Y'ers 4:00pm-5:00pm	Water Aerobics 5:30pm-6:30pm	
Water Aerobics 5:30pm-6:30pm						
Open Swim 6:30pm-8:45pm			Open Swim 6:30pm-8:45pm		Open Swim 6:30pm-8:45pm	

- Hi-lighted times are OPEN SWIM times.

- The Family Pool is CLOSED for Swim Lessons, MGH and Water Aerobics at the times listed above.
- Schedule subject to change without notice. Please contact Aquatics Director with questions.

LAP POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 12:00pm-5:00pm	Open Swim 5:00am-8:45pm	Open Swim 5:00am-8:45pm	Open Swim 5:00am-8:45pm	Open Swim 5:00am-8:45pm	Open Swim 5:00am-8:45pm	Open Swim 6:00am-4:45pm
						Swim Lessons 9:30am-10:00am
Swim Lessons 4:30pm-5:00pm						

JANUARY

Saturday



the

AQUATICS AND WATER FITNESS SCHEDULE

AGE REQUIREMENTS:

- **Age 6 and under**
A parent or guardian, 18 years or older, must be in the water within arm's reach at all times. Proper swim attire is required.
- **Age 7-11**
A parent or guardian, 18 years or older, must be on the pool deck at all times.
- **Ages 12 and up**
May use the entire Aquatic Center without parent.

