

POOL SCHEDULE (Session V)
September 5, 2017 – October 29, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 am Adult Lap	6:00-9:00 am Adult Lap	5:30-7:00 am Adult Lap	6:00-9:00 am Adult Lap	5:30-7:00 am Adult Lap		
7:00-7:45am H.A.R.T.		7:00-7:45am H.A.R.T.		7:00-7:45am H.A.R.T.		
7:45-8:45 Adult Lap	9:00-9:45 am Aquacize II	7:45-8:45 Adult Lap	9:00-9:45 am Aquacize II	7:45-8:45 Adult Lap	7:05-8:45 am Adult Lap	8:05-10:00 Adult Lap
8:45-9:30 Sr. Lap/Rehab	9:45-10:15 a.m. Special Needs	8:45-9:30 Sr. Lap/Rehab	9:45-10:15 a.m. Special Needs	8:45-9:30 Sr. Lap/Rehab	8:45-9:30 Sr. Lap/Rehab	
9:30-10:15 Water Fitness Deep Level I Shallow Level II/III	10:15-11:00 a.m. Water Therapy I & Prescribe the Y	9:30-10:15 Water Fitness Deep Level I Shallow Level II/III	10:15-11:00 a.m. Water Therapy I & Prescribe the Y	9:30-10:15 Water Fitness Deep Level I Shallow Level II/III	9:30-10:15 Fish/FF&Shark	
10:15-11:00 Water Th II		10:15-11:00 Water Th II	11:00-11:30 P/C Parent/Child Age 6mons.-5yrs	10:15-11:00 Water Th II	10:15-11:00 Gup.II/Minnow	10:00-10:45 Open Rehab
11:00-11:30 Pilates	11:00-11:30 a.m. Preschool	11:00-11:30 Pilates		11:00-11:30 Preschool	11:00-11:30 Polliwog/Gup II	10:45-11:30 Water Running
11:30-12:15 Tabata III	11:30-12:45 p.m. Adult Lap	11:30-12:15 Tabata III	11:30-12:45 p.m. Adult Lap	11:30-12:15 Tabata III	11:30-12:00 Skippers	11:30-12:15 Cardio Abs
12:15-1:30 Adult Lap	12:45-1:30 Sr. Lap /Rehab	12:15-1:30 Adult Lap	12:45-1:30 Sr. Lap/Rehab	12:15-1:30 Adult Lap	12:00-12:30 Parent/Child Age 6mons.-5yrs	
1:30-2:15 Newton School	1:30-2:15 Fed St. School	1:30-2:15 Newton School	1:30-2:15 Fed St. School	1:30-2:15 Fed. St. School	12:15-1:00 Sr. Lap/Rehab	12:15-1:00 Sr. Lap/Rehab
2:15-3:00 Senior Lap/Rehab	2:15-3:00	2:15-3:00 Senior Lap/Rehab	2:15-3:00	2:15-3:00 Middle School	1:00-2:00 Adult Lap	1:00-2:00 Adult Lap
3:00-3:45 Water Th II	3:00-3:45 Beg. Water Th.	3:00-3:45 Water Th II	3:00-3:45 Beg. Water Th	3:00-3:45 Water Th II	2:00-2:45 Private/Rentals	2:00-2:45 BREAK
3:45-4:45 Polliwog/GupI Skippers	3:45-5:15 Polliwog/GupI Skippers Parent/Child	3:45-4:45 Skippers Polliwog/GupI	3:45-5:15 Fish/Flying Fish Shark GupII/Minnow	3:45-4:45 Skippers Polliwog/GupI	2:45-3:30 Family Swim 6 Months-5 yrs old w/ parents	2:45-3:30 Family Swim 6 Months-5 yrs old w/ parents
4:45-5:45 Adult Lap	5:15-6:15 Adult Lap	4:45-5:45 Adult Lap	5:15-6:15 Adult Lap	4:45-5:45 Adult Lap	3:30-5:00 Family Swim	3:30-4:30 Family Swim
5:45-7:15 Aqua Boot Camp	6:15-7:00 Pilates	5:45-7:15 Aqua Boot Camp	6:15-7:00 Pilates	5:45-6:15 Parent/Child Age 6mons.-5yrs	5:00-5:45 Adult Lap	
					6:15-7:15 Skippers Polliwog/GupI	6:15-8:00 Family Swim (Oct. 4-May16)
7:15-8:00 Family Swim	7:00-7:45 Water Fitness II	7:15-8:00 Family Swim	7:00-7:45 Water Fitness II	7:15-8:00 Family Swim		Updated 7/24/17
8:00-9:00 Adult Lap	7:45-8:45 Adult Lap	8:00-9:00 Adult Lap	7:45-8:45 Adult Lap	8:00-8:45 Adult Lap		

The Hot Tub is OPEN whenever the Pool is OPEN – see closure times posted at pool