

6 Lane Pool Schedule Spring 2017

Monday Pool Hours: 7AM - 8PM

Time/Lane	6	5	4	3	2	1
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swimming 7am-4p	Lap Swimming 7am-4p	Lap Swimming
8a-9a	WF-AM Energizer (S)					
9a-10a	WF-Making Waves (S)					
10a-11a	WF-Deep Water Mix (D)					
11a-12p	Lap Swim	Lap Swim	Lap Swim	Lap Swimming 7am-4p	Lap Swimming 7am-4p	
12p-1p	Rec Swim 11a-12p (D)					
1p-2p	Rec Swim 12p-4p(S&D)					
2p-3p						
3p-4p	Swim School (S&D)					
4p-5p						
5p-6p						
6p-7p	WF-Aqua Fusion (D)		Lap Swim 6p-8p	Lap Swim 6p-8p		
7p-8p	Rec Swim (S&D)			Lap Swim 6p-8p	Lap Swim 6p-8p	
Key	D	Deep End	S	Shallow End	S&D	Both Ends

Tuesday Pool Hours: 7AM - 8PM

Time/Lane	6	5	4	3	2	1
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swimming 7a-3p	Lap Swimming 7a-3p	Lap Swimming
8a-9a	WF-Arthritis Deep (D)					
9a-10a	Swim School 9a-12p (S)					
10a-11a						
11a-12p	Rec Swim 12p-2:30p (S&D)					
12p-1p	Swim School 2:30p-3p (S)					
1p-2p						
2p-3p	Rec Swim 3p-4p (S&D)					
3p-4p	Swim School 4p-7p (S&D)					
4p-5p						
5p-6p						
6p-7p	WF-Total Body Blast (D)		Lap Swim	Lap Swim		
7p-8p	Rec Swim (S&D)			Lap Swim	Lap Swim	
Key	D	Deep End	S	Shallow End	S&D	Both Ends

Wednesday Pool Hours: 7AM - 8PM

Time/Lane	6	5	4	3	2	1
7a-8a	WF-Pilates Flow 7:45a-8:45a (S)			Lap Swimming 7a-3p	Lap Swimming 7a-3p	Lap Swimming
8a-9a	WF: Aqua Cardio Core (D)					
9a-10a	Swim School 9a-11a (S&D)					
10a-11a	Rec Swim 11a-2:30p (S&D)					
11a-12p						
12p-1p						
1p-2p						
2p-3p	Swim School 2:30p-7p (S&D)					
3p-4p						
4p-5p						
5p-6p	WF: Aqua Insanity 6p-7p (D)		Lap Swim	Lap Swim		
6p-7p	Rec Swim (S&D)			Lap Swim	Lap Swim	
7p-8p	Rec Swim (S&D)			Lap Swim	Lap Swim	
Key	D	Deep End	S	Shallow End	S&D	Both Ends

Thursday Pool Hours: 7AM - 8PM

Time/Lane	6	5	4	3	2	1
7a-8a	Lap Swim 7a-9a	Lap Swim 7a-9a	Lap Swim 7a-9a	Lap Swimming 7am-4p	Lap Swimming 7am-4p	Lap Swimming 7am-4p
8a-9a	WF: Arthritis 9a-10a (D)					
9a-10a	Swim School 9a-10:30a (S)					
10a-11a	Rec Swim 10:30a-3p (S&D)					
11a-12p						
12p-1p						
1p-2p						
2p-3p	Swim School (S&D)					
3p-4p	Swim School 4p-4:30p All Lanes					
4p-5p						
5p-6p						
6p-7p	WF-Aqua Power 6p-7p (D)		Lap Swim	Lap Swim		
7p-8p	Rec Swim (S&D)			Lap Swim	Lap Swim	
Key	D	Deep End	S	Shallow End	S&D	Both Ends

*Availability is subject to change based on events, holidays, and maintenance. Please check the website and email prior to arriving for important updates. An updated schedule will posted at the pool entrance each day.

6 Lane Pool Schedule Spring 2017

Friday Pool Hours: 7AM - 8PM

Time/Lane	6	5	4	3	2	1
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7a-9:30a	Lap Swimming 7am-4p	Lap Swimming
8a-9a	WF-Aqua Fit (S)			WF- M2M 9a-10a (Shared Shallow)		
9a-10a	Swim School 9a-11a (S&D) Shared Shallow End 9a-10a					
10a-11a	Swim School 9a-11a (S&D) Shared Shallow End 9a-10a					
11a-12p	Rec Swim 11a-3:30p (S&D)					
12p-1p						
1p-2p						
2p-3p						
3p-4p	Swim School 3:30p-7p (S&D)					
4p-5p	Swim School 3:30p-7p (S&D)					
5p-6p	Swim School 3:30p-7p (S&D)					
6p-7p	WF-Friday Frenzy 6p-7p (D)					
7p-8p	Rec Swim (S&D)			Lap Swim	Lap Swim	
Key	D	Deep End	S	Shallow End	S&D	Both Ends

Saturday Pool Hours: 6AM - 6:30PM

Time/Lane	6	5	4	3	2	1
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7a-8:30a	Lap Swim 7a-8:30a	Lap Swim 7a-9a
8a-9a	WF- H2O Cardio 7:30a-8:30a (S)			Swim School 8am-1p (S&D) All Lanes		
9a-10a	WF- Deep Water Directions 8:30a-9:30a (D)					
10a-11a	Swim School 8am-1p (S&D) All Lanes					
11a-12p	Swim School 8am-1p (S&D) All Lanes					
12p-1p	Swim School 8am-1p (S&D) All Lanes					
2p-3p	Rec Swim 1p-6:30p (S&D)			Lap Swimming 12:30p-6:30p	Lap Swimming 12:30p-6:30p	
3p-4p	Rec Swim 1p-6:30p (S&D)					
4p-5p	Rec Swim 1p-6:30p (S&D)					
5p-6:30p	Rec Swim 1p-6:30p (S&D)					
Key	D	Deep End	S	Shallow End	S&D	Both Ends

Sunday Pool Hours: 10AM - 3PM

Time/Lane	6	5	4	3	2	1
10a-11a	Swim School 10a-3p (S&D)			Rec Swim (S&D) 10am-3pm		Lap Swimming
11a-12p						
12p-1p						
1p-2p						
2p-3p						

Color Key

	Lap Swimming Only
	Waves Swim School
	Water Fitness (S)-Shallow (D)-Deep (S&D) Both
	Recreational/Kids Swimming

For any inquiries, questions, or comments regarding aquatics please contact us:

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Water Fitness Programming	Deb Quigley	WaterFitness@Weymouthclub.com	781.682.5809

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