



DAY	LAP POOL (#) equals lanes used for programs All 8 lanes open during non-program time	SHALLOW END	THERAPY POOL (*) equals 1/2 pool closed (**) equals entire pool closed	DIVE WELL Dive Well closes at 8:30pm Mon-Fri and 5:30pm Sat & Sun
MONDAY	5:45am - 7:00am Coached Workout (4) 7:00am - 8:30am High School Otters (3) 12:00pm - 1:15pm Intro to Coach Workout (4) 5:30pm - 7:00pm Otters (4) 5:30pm - 6:15pm Level 4,5,6 (2)	11:00am- 12:00pm Rock 'n Roll 1:00 - 2:15pm Speciality Camp 5:00pm - 5:30pm Level 3 4:30pm - 5:00pm Preschool 3	4:00pm - 4:30pm Preschool 1 & 2* 1:00 - 2:15pm Speciality Camp*	7:00am -8:00am Deep Water 12:15pm - 1:00pm Deep Water Interval 5:30pm - 7:00pm Boston Area Diving
TUESDAY	7:00am - 8:30am High School Otters (3) 5:30pm - 6:30pm Otters (4)	12:00pm - 1:00pm Shallow Water Workout 1:00 - 2:15pm Speciality Camp	8:00am - 9:00am Ai Chi** 10:15am - 10:45am Parent and Child* 1:15pm - 2:00pm Arthritis**	9:15am - 10:00am Deep Water Interval 5:00pm - 6:30pm Boston Area Diving 6:30pm - 7:30pm Deep Water
WEDNESDAY	5:45am - 7:00am Coached Workout (4) 7:00am - 8:30am High School Otters (3) 12:00pm - 1:15pm Intro to Coach Workout (4) 5:30pm - 6:15pm Level 4,5,6 (2) 5:30pm - 7:00pm Otters (4)	9:00am -10:00am Shallow Water Workout 1:00 - 2:15pm Speciality Camp	8:00am - 9:00am Ai Chi** 11:30am - 12:15pm Arthritis** 1:00 - 2:15pm Speciality Camp*	7:00am - 8:00am Deep Water 10:15 - 11:00am Just Running 5:30pm - 7:00pm Boston Area Diving
THURSDAY	7:00am - 8:30am High School Otters (3) 5:30pm - 6:30pm Otters (4)		1:15pm - 2:00pm Arthritis**	5:30pm - 7:00pm Boston Area Diving 7:00pm - 8:00pm Deep Water
FRIDAY	5:45am - 7:00am Coached Workout (4) 7:00am - 8:30am High School Otters (3) 5:30pm - 7:00pm Otters (4)	10:30am - 12:00pm Trekkers 1:00 - 2:15pm Speciality Camp	8:00am - 8:45am Warm Water Stretch** 10:15am - 11:00am Arthritis** 1:00 - 2:15pm Speciality Camp*	7:00am - 7:45am Boot Camp 9:00am - 10:00am Deep Water 10:30am - 12:00pm Trekkers 5:00pm - 6:30pm Boston Area Diving
SATURDAY		9:00am - 9:30am Level 1 & 2 9:30am - 10:00am Level 3 11:30am - 12:00pm Preschool 3	10:15am - 10:45am Parent and Child* 10:45am - 11:15am Preschool 1 & 2*	9:00pm - 10:30pm Boston Area Diving
SUNDAY				9:30am - 10:15am Boot Camp

Notes:

- Speciality Camp running the weeks of August 6th and August 13th
- Trekker Camp running running weeks of August 6th and August 13th

(*) equals 1/2 pool closed

(**) equals entire pool closed

(#) equals lanes used for programs

All 8 lap lanes open during non-program time

Please see reverse side for other notifications

Lap Pool

The # in parenthesis indicates the number of lanes used for programming. Please circle swim if more than 2 people are in a lane.

Shallow End

The shallow end of the lap pool is open for general use at all times, however, ½ or portions of the shallow end are reserved for programs/classes during the times listed.

Therapy Pool

The therapy pool is closed during the listed times for programs/classes. ½ the pool is available during times denoted by an asterisk (*). This pool is intended for adults and infants in a swim diaper.

Dive Well

The dive well is closed for member use during the times listed below. Dive well closes ½ hour before closing.

Kiddie Pool

The kiddie pool features will be turned on Mon – Fri at 9:30am and then turned off from 12:30pm – 2:30pm, Saturday/Sunday from 7am - 11am and during times with a double asterisk (**) under the therapy pool times. The kiddie pool is turned off ½ hour before closing. Children must be accompanied/supervised by a parent at all times.

Other Notes:

- **Adult Water Polo:** Lanes 6-8
- **Beede and Books:** Lobby and Kiddie Pool - August 6th

Fall Registration:

Monday August 27th: Open to Members and Smmer Participants

Tuesday September 4th: Open to all

Sunday September 9th: Deadline to register for Fall Aquatic Programs

Revised 7-26-18