

~Day By Day At A Glance~

ORIGINAL POOL

MONDAY

6:30 - 9:00am	Lap/Exercise
9:00 - 9:45am	Pre School, 3/10-4/14
9:00 -10:00am	Aqua Aerobics (6/9, 6/16)
10:00 -10:45am	Babies Instruction [^] *
10:45 -11:30am	Tots Instruction [^]
11:30 -12:30pm	Lap/Exercise
12:30 - 1:00pm	Pre School, 3/10-4/14
1:00 - 2:15pm	Northbridge Seniors
2:15 - 3:00pm	Water Workout
3:00 - 3:45pm	Arthritis Program
4:00 - 4:45pm	Lessons - Level 2 [^]
4:45 - 5:30pm	Lessons - Level 3 [^]
5:30 - 6:15pm	Lessons - Level 4 [^]
6:15 - 7:15pm	Lite Pace Aqua Aerobics

TUESDAY

6:30 - 8:15am	Lap/Exercise
8:15 - 9:15am	Pre Natal Aqua Exercise [^]
9:15 -10:15am	Aqua Interval (6/10, 6/17)
10:00 -10:30am	Pre School, 3/11 - 4/15
10:45 -11:30am	Water Workout
11:30 -12:30pm	Lap/Exercise
1:00 - 1:45pm	Lessons -Level 2 [^]
1:45 - 2:30pm	Lessons- Level 1 [^]
4:00 - 4:45pm	Lessons - Level 3 [^]
4:45 - 5:30pm	Lessons - Level 1 [^]
5:30 - 6:15pm	Tots Instruction [^]
6:15 - 7:00pm	Babies Instruction [^]
7:30 - 8:30pm	Aqua Aerobics

WEDNESDAY

7:00 - 9:00am	Lap/Exercise
10:00 -10:45am	Tots Instruction [^] *
10:45 -11:30am	Babies Instruction [^]
11:30 -12:30pm	Lap/Exercise
12:30 - 1:30pm	Millbury Life Skills (3/5-6/11)
1:00 - 2:00pm	Miscoe Hill (6/18)
2:15 - 3:00pm	Water Workout
3:00 - 3:45pm	Arthritis Program
4:00 - 4:45pm	Lessons - Level 5 [^]
4:45 - 5:30pm	Lessons- Level 6 [^]
6:15 - 7:15pm	Aqua Box Intervals

THURSDAY

6:30 - 9:00am	Lap/Exercise
9:15 -10:00am	Sutton Swim (3/6 - 6/5)
9:00 -10:00am	Aqua Aerobics* (6/12, 6/19)
10:45 -11:30am	Water Workout
11:30 -12:30pm	Lap/Exercise
1:15 - 3:15pm	Children's Rehabilitation
4:00 - 4:45pm	Lessons - Level 2 [^]
4:45 - 5:30pm	Lessons - Level 1 [^]
5:30 - 6:15pm	Babies Instruction [^]
6:15 - 7:00pm	Tots Instruction [^]
7:30 - 8:30pm	Deep Water Aerobics

FRIDAY

6:30 - 9:00am	Lap/Exercise
9:00 -10:00am	Deep Water/Aqua Interval
10:00 -11:30am	Family Rec Swim
11:30 -12:30pm	Lap/Exercise
6:00 - 7:00pm	Deep Water/Aqua Interval

SATURDAY

8:15 - 9:00am	Adult Swim Lessons
9:00 - 9:45am	Lessons - Level 1 [^]
9:45 -10:30am	Lessons - Level 3 [^]
10:30 -11:15am	Lessons - Level 2 [^]
11:15 -12:00pm	Lessons - Level 1 [^]
12:00 -12:45pm	Tots Instruction [^]
12:45 - 1:30pm	Lap/Exercise
1:30 - 4:15pm	Splash Parties [^]

SUNDAY:

11:30 - 3:45pm	Splash Parties [^] (3/2-6/1)
1:00 - 2:15pm	Splash Parties [^] (6/8-6/22)

[^] Pre-Reg Required/* Babysitting Available

COMPETITION POOL

****This pool will be closed 6/8 - 6/22***

MONDAY

5:30 - 9:30am	Adult Lap Swim
9:30 -10:30am	Aqua Aerobics*
11:30 - 1:00pm	Adult Lap Swim
4:00 - 5:00pm	WBD Swim Team
5:00 - 7:00pm	Open Rec Swim - ½ pool
7:00 - 8:00pm	WBD Masters Swim Program [^]
7:00 - 9:00pm	Adult Lap Swim - ½ pool

TUESDAY

5:30 - 9:30am	Adult Lap Swim
5:30 - 6:30am	WBD Masters Swim Program [^]
9:30 -10:30am	Alternatives
9:30 -10:30am	Aqua Interval Training*
11:30 - 1:00pm	Adult Lap Swim
2:30 - 4:00pm	Open Rec Swim
4:00 - 6:00pm	WBD Swim Team
6:00 - 8:30pm	Open Rec Swim
8:30 - 9:00pm	Adult Lap Swim

WEDNESDAY

5:30 - 9:30am	Adult Lap Swim
11:30 - 1:00pm	Adult Lap Swim
4:00 - 5:00pm	WBD Swim Team
5:00 - 7:00pm	Open Rec Swim - ½ pool
7:00 - 8:00pm	WBD Masters Swim Program [^]
7:00 - 9:00pm	Adult Lap Swim - ½ pool

THURSDAY

5:30 - 9:30am	Adult Lap Swim
5:30 - 6:30am	WBD Masters Swim Program [^]
9:30 - 10:30am	Alternatives (except 5/29)
9:30 - 10:30am	Aqua Aerobics* (except 5/29)
11:30 - 1:00pm	Adult Lap Swim
2:30 - 4:00pm	Open Rec Swim
4:00 - 6:00pm	WBD Swim Team
6:00 - 8:30pm	Open Rec Swim
8:30 - 9:00pm	Adult Lap Swim

FRIDAY

5:30 - 9:30am	Adult Lap Swim
11:30 - 1:00pm	Adult Lap Swim
4:00 - 6:00pm	WBD Swim Team
6:00 - 8:30pm	Open Rec Swim
8:30 - 9:00pm	Adult Lap Swim

SATURDAY

8:15 - 9:00am	Lessons - Level 5 [^]
8:15 - 9:30am	Adult Lap Swim
9:00 - 9:45am	Lessons - Level 4 [^]
9:30 - 11:30am	Open Rec Swim
11:30 - 12:30pm	Adult Lap Swim
12:30 - 1:45pm	Reserved for Splash Parties*
2:00 - 3:30pm	Open Rec Swim
3:30 - 4:45pm	Reserved for Splash Parties*

SUNDAY

10:00 - 1:00pm	Adult Lap Swim
1:00 - 4:00pm	Open Rec Swim

*****LAP SWIMS AND OPEN REC 6/8 - 6/22*****

Will be in the Original Pool as follows:

Mon-Fri	5:30-9:00am	Lap Swim
Fri	10:00-11:30am	Family Swim
Mon/Tu/Th	11:30-1:00pm	Lap/Exer
Wed/Fri	11:30-12:30pm	Lap/Exer
Tues	2:30 - 4:00pm	Open Rec
Fri	2:30- 6:00pm	Open Rec
Mon/Wed	7:15-8:30pm	Open Rec
Mon/Wed	8:30-9:00pm	Lap Swim
Fri	7:00-9:00pm	Open Rec
Sat	10:00-12:00pm	Open Rec
Sat	12:45-1:30pm	Lap Swim
Sun	10:00-1:00pm	Lap Swim
Sun	2:30-4:00pm	Open Rec