

## ~Day By Day At A Glance~

### ORIGINAL POOL

**\*This pool will be closed 8/23 - 8/31\***

#### MONDAY

6:30- 8:30am	Lap/Exercise
8: 30- 9:00am	Lessons - Level 3^ *
9:00- 9:30am	Lessons - Level 2^ *
9:45-10:15am	Lessons - Level 1^ *
10:15-11:00am	Tots Instruction^ *
11:00-11:45am	Babies Instruction^
12:00- 1:00pm	Lap/Exercise
1:00- 2:00pm	Northbridge Seniors <i>(in Competition Pool 8/25)</i>
2:15- 3:00pm	Water Workout <i>(in Competition Pool 8/25)</i>
3:00- 3:45pm	Arthritis <i>(in Competition Pool 8/25)</i>
4:00- 4:30pm	Lessons - Level 2^
4:30- 5:00pm	Lessons - Level 3^
5:15- 5:45pm	Lessons - Level 4^
5:45- 6:45pm	Adult Swim Lessons
7:00- 8:00pm	Lite Pace Aqua Aerobics <i>(in Competition Pool 8/25)</i>

#### TUESDAY

6:30- 8:30am	Lap/Exercise
8:30- 9:00am	Lessons - Level 6^ *
9:00- 9:30am	Lessons - Level 5^ *
9:45-10:15am	Lessons - Level 4^ *
10:15-10:45am	Lessons - Level 2^ *
10:45-11:30am	Water Workout
11:30-12:00pm	Private Lessons ^
12:00- 1:00pm	Lap Swim
1:00- 4:00pm	Private Lessons ^
4:00- 4:30pm	Lessons - Level 3^
4:30- 5:00pm	Lessons - Level 2^
5:15- 5:45pm	Lessons - Level 1^
5:45- 6:30pm	Babies Instruction^
6:30- 7:15pm	Tots Instruction^
7:30- 8:30pm	Aqua Aerobics <i>(in Competition Pool 8/26)</i>

#### WEDNESDAY

6:30- 8:30am	Lap/Exercise
8:30- 9:00am	Lessons - Level 3^ *
9:00- 9:30am	Lessons - Level 2^ *
9:45- 10:15am	Lessons - Level 1^ *
10:15- 11:00am	Tots Instruction^ *
11:00- 11:45am	Babies Instruction^
12:00- 1:00pm	Lap/Exercise
1:00- 2:00pm	Private Lessons ^
2:15- 3:00pm	Water Workout <i>(in Competition Pool 8/27)</i>
3:00- 3:45pm	Arthritis <i>(in Competition Pool 8/27)</i>
4:00- 4:30pm	Lessons - Level 2^
4:30- 5:00pm	Lessons - Level 3^
5:15- 5:45pm	Lessons - Level 4^
5:45- 6:45pm	Private Lessons ^
7:00- 8:00pm	Aqua Interval Training <i>(in Competition Pool 8/27)</i>

#### THURSDAY

6:30- 8:30am	Lap/Exercise
8:30- 9:00am	Lessons - Level 6^ *
9:00- 9:30am	Lessons - Level 5^ *
9:45- 10:15am	Lessons - Level 4^^ *
10:15- 10:45am	Lessons - Level 2^ *
10:45- 11:30am	Water Workout
11:30- 12:00pm	Private Lessons ^
12:00- 1:00pm	Lap/Exercise

4:00- 4:30pm	Lessons - Level 3^
4:30- 5:00pm	Lessons - Level 2^
5:15- 5:45pm	Lessons - Level 1^
5:45- 6:30pm	Babies Instruction^
6:30- 7:15pm	Tots Instruction^
7:30- 8:30pm	Deep Water Aerobics <i>(in Competition Pool 8/28)</i>

#### FRIDAY

6:30- 8:00am	Lap/Exercise
9:00-10:00am	Deep Water/Aqua Interval <i>(in Competition Pool 8/29)</i>
8:15 - 9:00am	Silver Sneakers®SilverSplash <i>(in Competition Pool 8/29)</i>
10:00 -11:00am	Day Care Lessons ^
11:00 -11:30am	Walk in Level 1
11:30 -12:00pm	Walk in Level 2
12:00 - 1:00pm	Lap/Exercise
1:00 - 5:00pm	Private Lessons ^
5:00 - 6:00pm	Yoqua ^
6:00 - 7:00pm	Aqua Box Interval Training <i>(in Competition Pool 8/29)</i>

#### SATURDAY

10:00 -12:00pm	Lap/Exercise
12:00 - 4:15pm	Splash Parties ^ <i>(no parties on 8/23 or 8/30)</i>

#### SUNDAY:

12:00 - 2:45pm	Splash Parties ^ <i>(no parties on 8/24 or 8/31)</i>
3:30 - 4:30pm	Lite Pace Aqua Aerobics <i>(in Competition Pool 8/24,8/31)</i>

^ Pre-Reg Required

\* Babysitting Available for ages 1-6

**Original Pool Unavailable:  
Saturday, July 19<sup>th</sup> (all day)  
Sunday, Aug 24<sup>th</sup> - Tuesday, Sept 2<sup>nd</sup> for  
maintenance**

## COMPETITION POOL

#### MONDAY

5:30 - 9:30am	Adult Lap Swim
9:30 - 11:00am	Open Rec Swim
9:30 - 10:30am	Aqua Aerobics
11:00 - 12:00pm	Camp Swim
12:00 - 1:00pm	Adult Lap Swim
1:00 - 4:00pm	Open Rec Swim <i>(2:00-4:00pm on 7/28)</i>
4:00 - 5:00pm	Swim Team
5:00 - 7:00pm	Swim Team ½ pool
5:00 - 7:30pm	Open Rec Swim ½ pool <i>(5:00-7:00pm on 8/25)</i>
7:00 - 8:00pm	Masters Program
7:30 - 9:00pm	Adult Lap Swim

#### TUESDAY

5:30 - 9:30am	Adult Lap Swim
5:30 - 6:30am	Masters Swim Team
9:30 - 10:30am	Aqua Box Interval ½ pool
9:30 - 10:30am	Alternatives ½ pool
11:00 - 12:00pm	Camp Swim
12:00 - 1:00pm	Adult Lap Swim
1:00 - 4:00pm	Open Rec Swim <i>(2:00-4:00pm on 7/29)</i>
4:00 - 6:00pm	Swim Team
6:00 - 8:00pm	Open Rec Swim
8:00 - 9:00pm	Adult Lap Swim

**WEDNESDAY**

5:30 - 9:30am Adult Lap Swim  
 9:30 - 11:00am Open Rec Swim  
 11:00 - 12:00pm Camp Swim  
 12:00 - 1:00pm Adult Lap Swim  
 1:00 - 4:00pm Open Rec Swim  
*(2:00-4:00pm on 7/30)*  
 4:00 - 5:00pm Swim Team  
 5:00 - 7:00pm Swim Team ½ pool  
 5:00 - 7:30pm Open Rec Swim  
*(5:00-7:00pm on 8/25)*  
 7:00 - 8:00pm Masters Swim Team  
 7:30 - 9:00pm Adult Lap Swim

**THURSDAY**

5:30 - 9:30am Adult Lap Swim  
 5:30 - 6:30am Masters Swim Team  
 9:30 - 10:30am Aqua Aerobics ½ pool  
 9:30 - 10:30am Alternatives ½ pool  
 11:00 - 12:00pm Camp Swim  
 12:00 - 1:00pm Adult Lap Swim  
 1:00 - 4:00pm Open Rec Swim  
*(2:00-4:00pm on 7/31)*  
 4:00 - 6:00pm Swim Team  
 6:00 - 8:00pm Open Rec Swim  
 8:00 - 9:00pm Adult Lap Swim

**FRIDAY**

5:30 - 9:30am Adult Lap Swim  
 9:30 - 11:00am Open Rec Swim  
 11:00 -12:00pm Camp Swim  
 12:00 - 1:00pm Adult Lap Swim  
 1:00 - 4:00pm Open Rec Swim  
*(2:00-4:00pm on 7/31)*  
 4:00 - 6:00pm Swim Team  
 6:00 - 8:00pm Open Rec Swim  
 8:00 - 9:00pm Adult Lap Swim

**SATURDAY**

8:30 - 9:30am Adult Lap Swim  
 9:30 - 12:00pm Open Rec Swim  
 10:00 - 12:00pm Youth Outreach  
 12:00 - 1:00pm Adult Lap Swim  
 1:00 - 4:00pm Open Rec Swim

**SUNDAY**

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

^ Pre-Reg Required

\* Babysitting Available for ages 1-6

**Competition Pool Unavailable:**  
**Saturday, July 19<sup>th</sup> (all day)**

**Note changes to below to schedule for week of  
 7/21-7/25 for Big Splash Summer Camp:**

**MONDAY 7/21 - FRIDAY 7/25**

Adult Lap Swim changed to 5:30am -  
 9:00am instead of 5:30am - 9:30 am

No Open Rec Swim in the morning

Open Rec Swim in the afternoon is only  
 from 3:00 - 4:00pm