

BEEDE SWIM AND FITNESS CENTER
Winter Pool Hours of Operation (1/8/18– 02/18/18)

All pools close Mon – Fri at 8:45pm and Sat – Sun at 5:45pm unless otherwise noted

Lap Pool – The # in parenthesis indicates the **number of lanes open** for lap swim. *Please be courteous to others and 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** all the times listed below.

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 diaper.

Dive Well – The dive well is **closed** for member use during the times listed below.

Kiddie Pool – The kiddie pool features will be turned on **Saturday/Sunday from 11:00am – 5:30pm. Weekdays the features will not be turned on during times with a double asterisk under the therapy pool.**

	Lap Pool (Lanes Available)	Shallow End (Shared with a class)	Therapy Pool (*1/2 Pool Closed) (**Entire Pool Closed)	Dive Well (Pool Closed)
Monday	5:30am – 5:45am (8) 5:45am – 7:00am (4) 7:00am – 12:00pm (8) 12:00pm – 1:15pm (4) 1:15pm – 3:00pm (8) 3:00pm – 5:00pm (2) 5:00pm – 7:00pm (3) 7:00pm – 8:30pm (4) 8:30pm – 8:45pm (8)	11:00am – 12:00pm 4:30pm – 6:15pm	2:15pm – 3:00pm**	7:00am – 8:00am 1:15pm – 2:00pm 3:00pm – 5:00pm 5:30pm – 7:00pm
Tuesday	5:30am – 12:00pm (8) 12:00pm – 1:15pm (4) 1:15pm – 3:00pm (8) 3:00pm – 5:00pm (2) 5:00pm – 7:00pm (3) 7:00pm – 8:15pm (4) 8:15pm – 8:45pm (8)	12:00pm – 1:00pm	8:00am – 9:00am** 10:15am – 10:45am* 1:15pm – 2:00pm**	6:00am – 7:00am # 9:15am – 10:00am 1:45pm – 2:30pm 3:00pm – 5:00pm 5:00pm – 6:30pm 6:30pm – 7:30pm
Wednesday	5:30am – 5:45am (8) 5:45am – 7:00am (4) 7:00am – 12:00pm (8) 12:00pm – 1:15pm (4) 1:15pm – 3:00pm (8) 3:00pm – 5:00pm (2) 5:00pm – 7:00pm (3) 7:00pm – 8:30pm (4) 8:30pm – 8:45pm (8)	9:00am – 10:00am	8:00am – 9:00am** 11:30am – 12:15pm*	7:00am – 8:00am 10:15am – 11:00am 3:00pm – 5:00pm 5:30pm – 7:00pm
Thursday	5:30am – 12:00pm (8) 12:00pm – 1:15pm (4) 1:15pm – 3:00pm (8) 3:00pm – 5:00pm (2) 5:00pm – 7:00pm (3) 7:00pm – 8:15pm (4) 8:15pm – 8:45pm (8)	5:00pm – 5:30pm 6:15pm-7:00pm	9:30am – 10:00am 1:15pm – 2:00pm** 2:15pm – 3:00pm**	3:00pm – 5:00pm 5:30pm – 7:00pm 7:00pm – 8:00pm
Friday	5:30am – 5:45am (8) 5:45am – 7:00am (4) 7:00am – 3:00pm (8) 3:00pm – 5:00pm (2) 5:00pm – 8:45pm (8)		8:00am – 8:45am** 10:15am – 11:00am**	7:00am – 7:45am 9:00am – 10:00am 1:45pm – 2:30pm 3:00pm – 5:00pm 5:30pm – 7:00pm
Saturday	7:00am – 8:15am (2) 8:15am – 1:15pm (8) 1:15pm – 2:30pm (5) 2:30pm – 5:45pm (8)	9:00am – 10:00am 11:00am – 11:45am 12:15pm-12:45pm	9:00am – 10:30am* 10:45am – 11:15am* 11:45am – 12:15pm*	9:00am – 10:30am 10:30am-12:00pm
Sunday	7:00am – 5:45pm (8) 2:15pm – 5:00pm (4) 5:00pm – 5:45pm (8)			9:30am – 10:15am

Schedules are subject to change.

Revised 1/26/2018

#This class meets on the last Tuesday of the month.

*Half of the therapy pool is available for use during these times.

**The play features are turned off during these classes as they are held in the therapy pool.

High School Swim/Dive Practice ends 2/16/18. Saturday morning practices/meet schedule on reverse side.

Spring Member Registration Member/Winter Participants: March 12, 2018

Spring Non-Member Registration: March 19, 2018

Registration Deadline: March 25, 2018

Abdominals and Core Strength Classes in Dive Well

Wednesday, 2/14 12:45pm – 1:45pm and Friday, 3/9 11:00am– 12:00pm

BEEDE CENTER

swim + fitness

SWIM MEET SCHEDULE 2017-2018

SEASON DATES

Otters: October 2, 2017 – March 1, 2018

CCHS: November 27, 2017 – February 16, 2018

MEET SCHEDULE			
DAY	DATE	TEAM	POOLS CLOSE
Saturday	December 2	Otters vs Suburban	4:00P
Friday	December 8	CCHS vs Lincoln Sudbury	6:30P
Tuesday	December 12	CCHS vs Acton Boxborough	3:00P ¹
Friday	December 15	CCHS vs Waltham	6:30P
Tuesday	January 2	CCHS vs Mystic	3:00P ¹
Saturday	January 6	Otters vs Hayden/Westford	4:00P
Friday	January 12	CCHS vs Boston Latin	6:30P
Sunday	January 21	CCHS Invitational Dive Meet	11:00A ²
Tuesday	January 23	CCHS vs Westford Academy	5:00P ³
Saturday	January 27	Otters vs SwimPro	4:00P
Wednesday	January 31	DCL Girls Diving	2:30P ²
Thursday	February 1	DCL Boys Diving	2:30P ²
Saturday	February 3	Otters vs Longfellow	4:00P
Saturday	February 10	Otters vs Thoreau	4:00P

¹ Pools reopen at 6:30P. ² Dive Well Only. Lap, Therapy and Kiddie Pools Open.

³ Pools reopen at 7:30P.

PRACTICE SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY ⁴
CCHS 3:00-5:00P 6 Lanes Dive Well	CCHS 3:00-5:00P 6 Lanes Dive Well	CCHS 3:00-5:00P 6 Lanes Dive Well	CCHS 3:00-5:00P 6 Lanes Dive Well	CCHS 3:00-5:00P 6 Lanes Dive Well	CCHS 7:00-8:15A 6 Lanes Dive Well Shared
Otters 5:00-7:00P 5 Lanes	Otters 5:00-7:00P 5 Lanes	Otters 5:00-7:00P 5 Lanes	Otters 5:00-7:00P 5 Lanes		
CCHS 7:00-8:30P 4 Lanes		CCHS 7:00-8:30P 4 Lanes			

⁴ CCHS Saturday practices will be held 12/2 through 1/27.

Schedules are subject to change.

Revised 1/16/2018

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