

BEEDE SWIM AND FITNESS CENTER

Spring Pool Hours of Operation- March 26, 2018-June 17, 2018

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



SPRING POOL SCHEDULE MARCH 26, 2018-JUNE 17, 2018

| 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) 12:00pm – 1:15pm Intro to Coach Workout (4) 4:30pm – 5:15pm Swimming with a Porpoise (4) 5:30pm – 7:00pm Otters (5) | 11:00am – 12:00pm Rock 'N Roll 5:00pm – 5:30pm Level 3 Swim Lesson 5:30pm – 6:15 pm Level 4 Swim Lessons | 2:15pm – 3:00pm Arthritis** 4:30pm – 5:00pm Preschool 3* | 7:00am-8:00am Deep Water 1:15pm – 2:00pm Deep Water Interval 5:30pm – 7:00pm Boston Area Diving |
| TUESDAY | 12:00pm – 1:15pm Coached Workout(4) 4:30pm – 5:30pm Otters (5) 7:00pm – 7:45pm Adaptive Aquatics (2) 7:00pm – 8:15pm Coached Workout (4) | 12:00pm – 1:00pm Shallow Water Workout | 8:00am – 9:00am Ai Chi** 10:15am – 10:45am Parent and Child* 1:15pm – 2:00pm Arthritis** 5:00pm – 5:30pm Preschool 2* 5:30pm – 6:00pm Preschool 1* | 9:15 am– 10:00am Deep Water Interval 1:45pm – 2:30pm CCHS 5:00pm – 6:30pm Boston Area Diving 6:30pm – 7:30pm Deep Water |
| WEDNESDAY | 5:45am – 7:00am Coached Workout (4) 12:00pm – 1:15pm Intro to Coach Workout (4) 4:30pm – 5:15pm Swimming with a Porpoise (4) 5:30pm – 7:00pm Otters (5) | 9:00am – 10:00am Shallow Water Workout | 8:00am – 9:00am Ai Chi** 11:30am – 12:15pm Arthritis** 12:30pm – 1:00pm Preschool 1** | 7:00am – 8:00am Deep Water 10:15am – 11:00am Just Running 5:30pm – 7:00pm Boston Area Diving |
| THURSDAY | 12:00pm – 1:15pm Coached Workout(4) 4:30pm – 5:30pm Otters (5) 6:15pm – 7:00pm Level 4,5,6 Swim Lessons(2) 7:00pm – 7:45pm Adaptive Aquatics(2) 7:00pm – 8:15pm Coached Workout (4) | 9:30am -10:30am Water Aerobics 4:00pm – 4:30pm Level 1&2 Swim Lesson 5:00pm – 5:30pm Level 3 Swim Lesson | 9:30am - 10:00am Preschool 1* 10:00am - 10:30am Preschool 2* 1:15pm – 2:00pm Arthritis** 2:15pm - 3:00pm Py Yo Chi** 3:00 pm - 3:30pm Preschool 1* 3:30pm - 4:00pm Preshool 2* | 5:30pm - 7:00pm Boston Area Diving 7:00pm – 8:00pm Deep Water |
| FRIDAY | 5:45am – 7:00am Coached Workout (4) 5:30pm – 7:00pm Otters (5) | | 10:15am – 11:00am Arthritis** | 7:00 – 7:45am Boot Camp 9:00am – 10:00am Deep Water 1:45pm - 2:30pm CCHS 5:0pm - 6:30pm Boston Area Diving |
| SATURDAY | 10:15am – 11:00am Level 4 Swim Lessons (2) 11:00am – 11:45am Level 5&6 Swim Lessons (2) | 9:00am – 9:30am Level 1&2 Swim Lesson 9:30am - 10:00am Level 3 Swim Lesson | 9:00am - 9:30am Preschool 1* 9:30am - 10:00am Preschool 2* 10:00am - 10:30am Parent and Child* 10:45am 11:15am Preschool 1* 11:15am - 11:45am Preschool 2* 11:45am - 12:15pm Parent and Child* | 9:00am - 10:30am Boston Area Diving 10:30am – 11:15am Beginner Diving 11:15am -12:00pm Intermediate Diving |
| SUNDAY | 2:15pm – 2:45 pm Adaptive Beginner (4) 3:00pm – 4:00pm Adaptive Aquatics (4) 4:00pm – 5:00pm Adaptive Aquatics (4) | | | 9:30am – 10:15am Boot Camp 3:34pm - 5:45pm Boston Area Diving |

(*) 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:

- **April School Vacation** (no group lessons or water fitness): Saturday April 14 – Friday April 20
- **Sunday April 1** – Easter – Beede Center Closed
- **Monday April 16** – Patriot’s Day – Beede Center Closed
- **Monday May 28** – Memorial Day – Beede Center Closed
- **Adult Water Polo:** Lanes 6-8 April 24th and May 29th 6:00am-7:00am
- **Beede and Books:** Lobby and Kiddie Pool - April 2nd, May 7th and June 4th 11:00am-12:00pm
- **Abdominals and Core Strength:** April 10th 10:45am-11:45am, May 22nd 10:45am-11:45am, June 15th 11:00am-12:00pm

Summer Registration:

- 5/29/18** Summer only Aquatic Program Registration: open to Members and Spring Participants
- 6/4/18** Summer only Aquatic Program Registration: open to all
- 6/10/18** Deadline to register for Summer Aquatic Programs

Revised 3-19-18