

WINTER POOL SCHEDULE

January 7 - February 15

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

Revised 1-15-19

SEE REVERSE FOR MORE INFORMATION

**BEEDE
CENTER**
swim + fitness

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 Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4) 3:00pm – 5:00pm CCHS Swim Team (6) 5:00pm – 6:00pm Pre Otters (with Otters) 5:00pm – 7:15pm Otters (5) 7:15pm – 8:45pm CCHS Swim Team (4)	11:00am – 12:00pm Rock 'N Roll 4:30pm – 5:00pm Level 1&2 Swim Lesson 5:00pm – 5:30pm Level 3 Swim Lessons	10:00am – 10:30am Parent/Child* 11:00am – 11:30am Preschool 2* 2:15pm – 3:00pm Arthritis**	7:00am-8:00am Deep Water 1:15pm – 2:00pm Deep Water Interval 3:00pm – 5:00pm CCHS Swim Team 5:30pm – 7:00pm Boston Area Diving 7:15pm – 8:45pm CCHS Swim Team
TUESDAY	9:30am – 10:45am Masters Swim (2) 12:00pm – 1:15pm Masters Swim (4) 1:30pm – 2:15pm Level 4 Swim Lessons (1) 3:00pm – 5:00pm CCHS Swim Team (6) 5:00pm – 5:45pm Level 5 & 6 Swim Lessons (1) 5:00pm – 7:00pm Otters (5) 7:00pm – 7:45pm Adaptive Aquatics 7:00pm – 8:15pm Masters Swim (4)	12:00pm – 1:00pm Shallow Water Workout 4:00pm – 4:30pm Level 1&2 Swim Lesson 4:30pm – 5:00pm Level 3 Swim Lessons	1:15pm – 2:00pm Arthritis** 2:30pm – 3:00pm Preschool 3* 3:30pm – 4:00pm Preschool 2*	9:15 am– 10:00am Deep Water Interval 3:00pm – 5:00pm CCHS Swim Team 5:00pm – 6:30pm Boston Area Diving 6:30pm – 7:30pm Deep Water
WEDNESDAY	5:45am – 7:00am Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4) 1:30pm – 2:15pm Level 4 Swim Lessons 3:00pm – 5:00pm CCHS Swim Team (6) 5:00pm – 6:00pm Pre Otters (with Otters) 5:00pm – 7:15pm Otters (5) 7:15pm – 8:45pm CCHS Swim Team (4)	9:00am – 10:00am Shallow Water Workout 4:30pm-5:00pm Level 3 Swim Lessons	11:30am – 12:15pm Arthritis** 1:15pm – 2:15pm Stay and Swim* 3:00pm – 3:30pm Preschool 2* 3:30 pm- 4:00pm Preschool 1*	7:00am – 8:00am Deep Water 10:15am–11:00am Deep Water Interval 3:00pm – 5:00pm CCHS Swim Team 5:30pm – 7:00pm Boston Area Diving 7:15pm – 8:45pm CCHS Swim Team
THURSDAY	9:30am – 10:45am Masters Swim (2) 12:00pm – 1:15pm Masters Swim (4) 3:00pm – 5:00pm CCHS Swim Team (6) 5:00pm – 7:00pm Otters (5) 7:00pm – 7:45pm Adaptive Aquatics 7:00pm – 8:15pm Masters Swim (4)	9:30am -10:30am Shallow Water Workout 2:30pm – 3:00pm Preshool 3 4:00pm – 4:30pm Level 3 Swim Lesson	9:45am – 10:15am Preschool 1* 1:15pm – 2:00pm Arthritis** 2:15pm – 3:00pm Py Yo Chi** 3:00pm – 3:30pm Preschool 2* 3:30pm – 4:00pm Preshool 1*	3:00pm – 5:00pm CCHS Swim Team 5:30pm – 7:00pm Boston Area Diving 7:00pm – 8:00pm Deep Water
FRIDAY	5:45am – 7:00am Master Swim (5) 3:00pm – 5:00pm CCHS Swim Team (6) 5:00pm – 7:00pm Otters (5)	10:30pm – 11:00pm Preshool 3 11:15pm – 12:15am Shallow Water Workout 4:30pm – 5:00pm Level 1 & 2 Swim Lesson 5:00pm – 5:30pm Level 3 Swim Lesson	10:15am – 11:00am Arthritis** 11:30am-12:00pm Preschool 1*	7:00am – 7:45am Boot Camp 9:00am – 10:00am Deep Water 3:00pm – 5:00pm CCHS Swim Team 5:30pm – 7:00pm Boston Area Diving
SATURDAY	7:00am – 8:30am CCHS Swim Team (5) 10:30am – 11:15am Level 4 Swim Lessons (2) 11:30am – 12:15am Level 5&6 Swim Lessons (2) 1:15pm – 2:30pm Drop-In Master Swim (2)	9:30am – 10:00am Level 1 & 2 Swim Lesson 10:00am – 10:30am Level 3 Swim Lesson 12:00am – 12:30am Level 3 Swim Lesson	9:00am – 9:30am Parent/Child* 9:30am – 10:00am Preschool 1* 10:45am 11:15am Parent/Child*	7:00am – 8:30am CCHS Swim Team 9:00am – 10:30am Boston Area Diving 10:30am – 11:15am Beginner Diving 11:15am -12:00pm Inter. Diving
SUNDAY	12:30pm – 1:00pm Adaptive Aquatics (2) 1:30pm – 2:30pm Concord Challengers (2) 2:30pm – 3:30pm Concord Challengers (2) 3:30pm – 5:30pm Otters (5)			9:30am – 10:15am Boot Camp

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 (*).

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.

Otters Swim Meets (all pools close at 4pm)

- January 26
- February 2

CCHS Swim Meets

- Friday 1/18 pools close at 6pm
- Sunday 1/20 dive well only 10:30-1:30
- Tuesday 1/22 pools close at 3pm

Private Swim Lessons

- Private lessons take place on Monday, Tuesday and Thursday from 3:00pm-7:00pm and will use either the Therapy Pool or Lap Pool

CCHS Lifeguarding Class

- January 16th-Lap Lanes 7 & 8:11:00am-11:30am, Dive Well and Shallow End 11:30-2:30pm

Stay and Swim-

- October 10 - December 12, January 9-March 20, April 3-June 12