

# WINTER POOL SCHEDULE

March 18 - March 31

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

Revised 3-18-19

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
<b>MONDAY</b>	5:45am – 7:00am Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4)	11:00am – 12:00pm Rock 'N Roll	2:15pm – 3:00pm Arthritis**	7:00am-8:00am Deep Water 1:15pm – 2:00pm Deep Water Interval 5:30pm - 7:00pm Boston Area Diving
<b>TUESDAY</b>	9:30am - 10:45am Masters Swim (2) 12:00pm – 1:15pm Masters Swim (4) 7:00pm – 8:15pm Masters Swim (4)	12:00pm – 1:00pm Shallow Water Workout	1:15pm – 2:00pm Arthritis**	9:15 am– 10:00am Deep Water Interval 5:00pm - 6:30pm Boston Area Diving 6:30pm – 7:30pm Deep Water
<b>WEDNESDAY</b>	5:45am – 7:00am Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4)	9:00am – 10:00am Shallow Water Workout	11:30am – 12:15pm Arthritis** 1:15pm - 2:15pm Stay and Swim*	7:00am – 8:00am Deep Water 10:15am–11:00am Deep Water Interval 5:30pm - 7:00pm Boston Area Diving
<b>THURSDAY</b>	9:30am - 10:45am Masters Swim (2) 12:00pm – 1:15pm Masters Swim (4) 7:00pm – 8:15pm Masters Swim (4)	9:30am -10:30am Shallow Water Workout	1:15pm – 2:00pm Arthritis** 2:15pm - 3:00pm Py Yo Chi**	5:30pm - 7:00pm Boston Area Diving 7:00pm – 8:00pm Deep Water
<b>FRIDAY</b>	5:45am – 7:00am Master Swim (5)	11:15pm - 12:15am Shallow Water Workout	10:15am – 11:00am Arthritis**	7:00am – 7:45am Boot Camp 9:00am – 10:00am Deep Water 5:30pm - 7:00pm Boston Area Diving
<b>SATURDAY</b>	1:15pm - 2:30pm Drop-In Master Swim (2)			9:00am - 10:30am Boston Area Diving 10:30am – 11:15am Beginner Diving 11:15am -12:00pm Inter. Diving
<b>SUNDAY</b>				9:30am – 10:15am Boot Camp

**OPEN HOUSE**-MARCH 27th-8:00am-4:00pm

## MAKE-UP CLASSES MARCH 23RD

- 10:30am – 11:15am Level 4 Swim Lessons (2)
- 11:30am - 12:15am Level 5&6 Swim Lessons (2)

**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.

**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

**Stay and Swim**

- Winter Session: January 9-March 20
- Spring Session: April 3-June 12

**Adult Water Polo**

- March 26
- May 14
- May 28
- June 25

**Middlesex School**

- March 27      3:30pm-4:30pm      Dive Well and Lap Pool (2 lanes)