



Aquatics Schedule August 11th - August 17th 2019

90 Swanson Road
Boxborough, MA 01719
978-635-0500
www.swymfit.com

Lane	Sunday 11th				Monday 12th				Tuesday 13th				Wednesday 14th				Thursday 15th				Friday 16th				Saturday 17th				Lane																				
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4																					
5:30 AM	Opens @ 8:00 am				Opens @ 6:00 am				Opens @ 6:00 am				Opens @ 6:00 am				Opens @ 6:00 am				Opens @ 6:00 am				5:30 AM																								
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7:30 AM													300 (15 min.)								300 (15 min.)				Arthritis DW (45 min.) 7:00 - 7:45 am				7:30 AM																				
8:00 AM																									Deep Water (45 min.) 8:00 - 8:45 am				8:00 AM																				
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9:00 AM					Water Aerobics (60 min.) 9 - 10								Water Aerobics (60 min.) 9 - 10								Water Aerobics (60 min.) 9 - 10				Advanced DW (45 min.) 9:00 - 9:45 am				9:00 AM																				
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10:00 AM					Deep Water (45 min.) 10:15 - 11:00 am								Deep Water (45 min.) 10:15 - 11:00 am				Sr. Deep Water (45 min.) 10:15 - 11:00 am				Deep Water (45 min.) 10:15 - 11:00 am								10:00 AM																				
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***Unscheduled lanes are available for Lap Swimming & Multi-Purpose**

****Pool Closure Occurs 15 Minutes Prior To Club Closing**

*****During Deep Water Classes: If there are 10 or more participants, then Lane 4 will not be available for lap swimming.**

Swordfish

Swimming Lessons

Anything in green is subject to the Swymfit Swordfish Swim Team practice schedule and will not be available for patron use.

Reserved for Swimming Lesson Use Only During Swimming Lessons, Accommodations will be made if room permits.