



Aquatics Schedule April 14th - April 20th 2019

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

Lane	Sunday 14th				Monday 15th				Tuesday 16th				Wednesday 17th				Thursday 18th				Friday 19th				Saturday 20th				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	Swymfit Opens @ 8:00 am				Opens @ 6:00 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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7:00 AM																									300 (15 min.)																				Arthritis DW (45 min.) 7:00 - 7:45 am				7:00 AM																								
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8:00 AM	Swymfit Opens @ 8:00 am				Pool Closed				Pool Closed				Pool Closed				Pool Closed								Deep Water (45 min.) 8:00 - 8:45 am				8:00 AM																																												
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9:00 AM																					Swymfit Opens @ 8:00 am				Pool Closed				Pool Closed				Pool Closed				Pool Closed				Water Aerobics (60 min.) 9 - 10				9:00 AM																												
9:30 AM																																																																	Advanced DW (45 min.) 9:00 - 9:45 am				9:30 AM				
10:00 AM	Swymfit Opens @ 8:00 am				Pool Closed				Pool Closed				Pool Closed				Pool Closed																								Deep Water (45 min.) 10:15 - 11:00 am				10:00 AM																												
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<p>*Unscheduled lanes are available for Lap Swimming & Multi-Purpose</p>	Swordfish	<p>Anything in green or red is subject to the Swymfit Swordfish Swim Team and Shirley Penguins Swim Team practice schedule and will not be available for patron use.</p>
<p>**Pool Closure Occurs 15 Minutes Prior To Club Closing</p>	Penguins	
<p>***During Deep Water Classes: If there are 10 or more participants, then Lane 4 will not be available for lap swimming.</p>	Swimming Lessons	

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