



Aquatics Schedule June 9th - June 15th 2019

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

| Lane | Sunday 9th | | | | Monday 10th | | | | Tuesday 11th | | | | Wednesday 12th | | | | Thursday 13th | | | | Friday 14th | | | | Saturday 15th | | | | 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 | | | | Opens @ 6:00 am | | | | 5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:00 AM | | | | | | | | | | | | | 360 | | | | 360 | | | | 360 | | | | 360 | | | | | | | | 6:00 AM | | | | | | | | | | | | | | | | | | | | | |
| 6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:30 AM | | | | | | | | | | | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | | | 360 | | | | 360 | | | | 360 | | | | 360 | | | | | | | | 7:00 AM | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Advanced DW (45 min.) 9:00 - 9:45 am | 8:30 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 AM | Swimming Lessons | | | | Water Aerobics (60 min.) 9 - 10 | | | | | | | | Water Aerobics (60 min.) 9 - 10 | | | | | | | | Water Aerobics (60 min.) 9 - 10 | | | | | | | | Beginners DW (45 min.) 10:00 - 10:45 am | 9:00 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 AM | | | | | | | | | 360 | | | | | | | | 360 | | | | | | | | 360 | | | | | | | | Swimming Lessons | 9:30 AM | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | |
| 10:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10:30 AM | | | | | | | | | | | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 11:00 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 11:30 AM | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 PM | | | | | Deep Water (45 min.) 12:00 - 12:45 pm | | | | Deep Water (45 min.) 12:00 - 12:45 pm | | | | Deep Water (45 min.) 12:00 - 12:45 pm | | | | Deep Water (45 min.) 12:00 - 12:45 pm | | | | Deep Water (45 min.) 12:00 - 12:45 pm | | | | | | | | | 12:00 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 12:30 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1:00 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1:30 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 2:00 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 2:30 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3:00 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3:30 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:00 PM | | | | | Swimming Lessons | | | | Stroke & Technique Clinic 4:00-6:30pm | | | | Swimming Lessons | | | | Stroke & Technique Clinic 4:00-6:30pm | | | | Swimming Lessons | | | | | | | | | 4:00 PM | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 4:30 PM | | | | |
| 5:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5:00 PM |
| 5:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5:30 PM |
| 6:00 PM | Closed @ 5:00 pm | | | | Deep Water (45 min.) 6:30 - 7:15 pm | | | | | | | | Deep Water (45 min.) 6:30 - 7:15 pm | | | | | | | | Deep Water (45 min.) 6:30 - 7:15 pm | | | | | | | | Closed @ 6:00 pm | | | | 6:00 PM | | | | | | | | | | | | | | | | | | | | | |
| 6:30 PM | | | | | | | | | Deep Water (45 min.) 7:15 - 8:00 pm | | | | Deep Water (45 min.) 7:30 - 8:15 pm | | | | Deep Water (45 min.) 7:15 - 8:00 pm | | | | | | | | | 6:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | 7:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | 7:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | 8:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | 8:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | 9:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 PM | | | | | Closed @ 9:00 pm | | | | Closed @ 9:30 pm | | | | Closed @ 9:00 pm | | | | Closed @ 9:30 pm | | | | Closed @ 9:00 pm | | | | | 9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

***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.