



# Aquatics Schedule March 10th - March 16th 2019

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

| Lane     | Sunday 10th                        |   |   |   | Monday 11th                            |   |   |   | Tuesday 12th   |   |   |   | Wednesday 13th                           |   |   |   | Thursday 14th  |   |   |   | Friday 15th                                  |   |   |   | Saturday 16th                              |   |   |   | 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                                  |  |  |  |          |
| 6:00 AM  |                                    |   |   |   |  |   |   |   |  |   |   |   | 360                                      |   |   |   | 360  |   |   |   | 360  |   |   |   | 360  |   |   |   |  |  |  |  | 6:00 AM  |
| 6:30 AM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 6:30 AM  |
| 7:00 AM  |                                    |   |   |   |  |   |   |   |  |   |   |   | 360                                      |   |   |   | 360  |   |   |   | 360  |   |   |   | 360  |   |   |   | Arthritis DW (45 min.)<br>7:00 - 7:45 am |  |  |  | 7:00 AM  |
| 7:30 AM  |                                    |   |   |   |  |   |   |   |  |   |   |   | 300 (15 min.)                            |   |   |   |  |   |   |   | 300 (15 min.)                                |   |   |   |  |   |   |   | 7:30 AM                                  |  |  |  |          |
| 8:00 AM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   | Deep Water (45 min.)<br>8:00 - 8:45 am     |   |   |   | 8:00 AM                                  |  |  |  |          |
| 8:30 AM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   | Advanced DW (45 min.)<br>9:00 - 9:45 am    |   |   |   | 8:30 AM                                  |  |  |  |          |
| 9:00 AM  | Swimming Lessons                   |   |   |   | Water Aerobics (60 min.) 9 - 10        |   |   |   | 360  |   |   |   | Water Aerobics (60 min.) 9 - 10          |   |   |   | 360  |   |   |   | Water Aerobics (60 min.) 9 - 10              |   |   |   | Beginners DW (45 min.)<br>10:00 - 10:45 am |   |   |   | 9:00 AM                                  |  |  |  |          |
| 9:30 AM  |                                    |   |   |   |  |   |   |   | Deep Water (45 min.)<br>10:15 - 11:00 am   |   |   |   | The Taylor School<br>10 - 11:30 am       |   |   |   | Deep Water (45 min.)<br>10:15 - 11:00 am   |   |   |   | Sr. Deep Water (45 min.)<br>10:15 - 11:00 am |   |   |   | Deep Water (45 min.)<br>10:15 - 11:00 am   |   |   |   |  |  |  |  | 9:30 AM  |
| 10:00 AM |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   | Swimming Lessons                         |  |  |  | 10:00 AM |
| 10:30 AM |                                    |   |   |   |  |   |   |   | Deep Water (45 min.)<br>12:00 - 12:45 pm   |   |   |   | Deep Water (45 min.)<br>12:00 - 12:45 pm |   |   |   | Deep Water (45 min.)<br>12:00 - 12:45 pm   |   |   |   | Deep Water (45 min.)<br>12:00 - 12:45 pm     |   |   |   | Deep Water (45 min.)<br>12:00 - 12:45 pm   |   |   |   |  |  |  |  | 10:30 AM |
| 11:00 AM |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 11:00 AM |
| 11:30 AM |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 11:30 AM |
| 12:00 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  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   | Swimming Lessons                             |   |   |   |  |   |   |   | 2:00 PM                                  |  |  |  |          |
| 2:30 PM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   | Family Fun Swim :)                         |   |   |   |  |  |  |  | 2:30 PM  |
| 3:00 PM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 3:00 PM  |
| 3:30 PM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 3:30 PM  |
| 4:00 PM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 4:00 PM  |
| 4:30 PM  |                                    |   |   |   | Swimming Lessons                       |   |   |   | Swordfish Swim Team<br>Aqua 4:00 - 5:00 pm (60 min.)<br>Junior 5:00 - 6:00 pm (60 min.)<br>Senior 6:00 - 7:30 pm (90 min.) |   |   |   | Swimming Lessons                         |   |   |   | Swordfish Swim Team<br>Aqua 4:00 - 5:00 pm (60 min.)<br>Junior 5:00 - 6:00 pm (60 min.)<br>Senior 6:00 - 7:30 pm (90 min.) |   |   |   | Swimming Lessons                             |   |   |   | Birthday Party<br>4:30 - 6:30 pm           |   |   |   | 4:30 PM                                  |  |  |  |          |
| 5:00 PM  |                                    |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 5:00 PM  |
| 5:30 PM  | Shirley Penguins<br>5:30 - 6:30 pm |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |   |   |   |  |  |  |  | 5:30 PM  |
| 6:00 PM  | Closed @ 5:00 pm                   |   |   |   | Deep Water (45 min.)<br>6:30 - 7:15 pm |   |   |   | Swordfish Swim Team<br>Aqua 4:00 - 5:00 pm (60 min.)<br>Junior 5:00 - 6:00 pm (60 min.)<br>Senior 6:00 - 7:30 pm (90 min.) |   |   |   | Deep Water (45 min.)<br>6:30 - 7:15 pm   |   |   |   | Swordfish Swim Team<br>Aqua 4:00 - 5:00 pm (60 min.)<br>Junior 5:00 - 6:00 pm (60 min.)<br>Senior 6:00 - 7:30 pm (90 min.) |   |   |   | Swimming Lessons                             |   |   |   | Closed @ 6:00 pm                           |   |   |   | 6:00 PM                                  |  |  |  |          |
| 6:30 PM  |                                    |   |   |   |  |   |   |   | Deep Water (45 min.)<br>7:15 - 8:00 pm   |   |   |   | Deep Water (45 min.)<br>7:30 - 8:15 pm   |   |   |   | Deep Water (45 min.)<br>7:15 - 8:00 pm   |   |   |   | Shirley Penguins<br>7:30 - 8:30 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  |                                    |   |   |   | Closed @ 9:00 pm                       |   |   |   |  |   |   |   | Closed @ 9:00 pm                         |   |   |   |  |   |   |   | Closed @ 9:00 pm                             |   |   |   |  |   |   |   | 9:00 PM                                  |  |  |  |          |
| 9:30 PM  |                                    |   |   |   |  |   |   |   | Closed @ 9:30 pm   |   |   |   |  |   |   |   | Closed @ 9:30 pm   |   |   |   |  |   |   |   | Closed @ 9:00 pm                           |   |   |   |  |  |  |  | 9:30 PM  |

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| <p><b>*Unscheduled lanes are available for Lap Swimming &amp; Multi-Purpose</b></p> <p><b>**Pool Closure Occurs 15 Minutes Prior To Club Closing</b></p> <p><b>***During Deep Water Classes: If there are 10 or more participants, then Lane 4 will not be available for lap swimming.</b></p> | <div style="background-color: #90ee90; padding: 2px;">Swordfish</div> <div style="background-color: #f08080; padding: 2px;">Penguins</div> <div style="background-color: #add8e6; padding: 2px;">Swimming Lessons</div> | <p style="text-align: center;">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 style="text-align: center;">Reserved for Swimming Lesson Use Only During Swimming Lessons, Accommodations will be made if room permits.</p> |
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