

## Indoor Pool Schedule - June 28th - August 2nd revised 07/09/10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-9:45pm	5:30am-9:45pm	5:30am-9:45pm	5:30am-9:45pm	5:30am-5:45pm	7:00am-4:45pm	7:00am-4:45pm
<p><b><u>Adult Lap Swim</u></b>                      5:30am-9:00am (6)                      9:00am-10:15am (3)                      10:15am-12:15pm (4)                      12:15pm-1:00pm (6)                      1:00pm-5:00pm (4)**                      5:00pm-6:00pm (1)                      6:00pm-8:15pm (3)                      8:15pm-9:00pm (4)</p> <p style="text-align: center;">Men Only-                      9:00pm-9:45pm (6)</p>	<p><b><u>Adult Lap Swim</u></b>                      5:30am-6:15am (6)                      6:15am-7:15am (3)                      7:15am-9:00am (6)                      9:00am-12:00pm (4)                      12:00pm-1:00pm (5)                      1:00pm-5:00pm (4)**                      5:00pm-6:00pm (1)                      6:00pm-8:15pm (2)                      8:15pm-9:00pm (4)</p> <p style="text-align: center;">Women Only-                      9:00pm-9:45pm (6)</p>	<p><b><u>Adult Lap Swim</u></b>                      5:30am-9:00am (6)                      9:00am-10:15am (3)                      10:15am-12:00pm (4)                      12:00pm-1:00pm (6)                      1:00pm-5:00pm (4)**                      5:00pm-8:15pm (2)                      8:15pm-9:00pm (4)                      9:00pm-9:45pm (6)</p>	<p><b><u>Adult Lap Swim</u></b>                      5:30am-6:15am (6)                      6:15am-7:15am (3)                      7:15am-9:00am (6)                      9:00am-12:00pm (4)                      12:00pm-1:00pm (5)                      1:00pm-5:00pm (4)**                      5:00pm-8:15pm (2)                      8:15pm-9:00pm (4)                      9:00pm-9:45pm (6)</p>	<p><b><u>Adult Lap Swim</u></b>                      5:30am-9:00am (6)                      9:00am-10:15am (3)                      10:15am-12:00pm (4)                      12:00pm-1:00pm (6)                      1:00pm-4:30pm (4)                      4:30pm-5:00pm (1)                      5:00pm-5:45pm (3)</p>	<p><b><u>Adult Lap Swim</u></b>                      7:00am-9:00am (6)                      9:00am-4:45pm (4)</p>	<p><b><u>Adult Lap Swim</u></b>                      7:00am-8:15am (3)                      8:15am-9:00am (6)                      9:00am-4:45pm (4)</p>
<p><b><u>Open Swim</u></b>                      9:00am-12:15pm                      1:00pm-6:00pm                      8:15pm-9:00pm</p> <p><b><u>Swim Lessons</u> *</b>                      1:00pm-5:00pm</p> <p><b><u>Adapted Aquatics</u> *</b>                      10:30am-12:15pm                      2:30pm-6:00pm</p>	<p><b><u>Open Swim</u></b>                      9:00am-12:00pm                      1:00pm-5:00pm                      8:15pm-9:00pm</p> <p><b><u>Swim Lessons</u> *</b>                      1:00pm-5:00pm</p> <p><b><u>Adapted Aquatics</u> *</b>                      2:30pm-6:00pm</p>	<p><b><u>Open Swim</u></b>                      9:00am-12:00pm                      1:00pm-5:00pm                      8:15pm-9:00pm</p> <p><b><u>Swim Lessons</u> *</b>                      1:00pm-5:00pm</p>	<p><b><u>Open Swim</u></b>                      9:00am-12:00pm                      1:00pm-5:00pm                      8:15pm-9:00pm</p> <p><b><u>Swim Lessons</u> *</b>                      1:00pm-5:00pm</p>	<p><b><u>Open Swim</u></b>                      9:00am-12:00pm                      1:00pm-5:00pm</p> <p><b><u>Swim Lessons</u> *</b>                      9:00am-1:00pm</p> <p><b><u>Adapted Aquatics</u> *</b>                      9:00am-2:00pm</p>	<p><b><u>Open Swim</u></b>                      9:00am-4:45pm</p> <p><b><u>Swim Lessons</u> *</b>                      9:00am-1:00pm</p>	<p><b><u>Open Swim</u></b>                      9:00am-4:45pm</p> <p><b><u>Swim Lessons</u> *</b>                      9:00am-1:00pm</p>
<p><b><u>Swim Team</u> *</b>                      5:00pm-8:15pm (3)</p>	<p><b><u>Swim Team</u> *</b>                      5:00pm-8:15pm (4)</p> <p><b><u>Masters</u> *</b>                      6:15am-7:15am (3)</p>	<p><b><u>Swim Team</u> *</b>                      5:00pm-8:15pm (4)</p>	<p><b><u>Swim Team</u> *</b>                      5:00pm-8:15pm (4)</p> <p><b><u>Masters</u> *</b>                      6:15am-7:15am (3)</p>	<p><b><u>Swim Team</u> *</b>                      4:30pm-5:45pm (3)</p>		<p><b><u>Masters</u> *</b>                      7:15am-8:15am (3)</p>
<p><b><u>Aqua Fitness</u></b>                      Aqua Aerobics                      9:30am-10:15am (3)</p>	<p><b><u>Aqua Fitness</u></b>                      Arthritis Foundation *                      11:15am-12:00pm</p>	<p><b><u>Aqua Fitness</u></b>                      Aqua Aerobics                      9:30am-10:15am (3)</p>	<p><b><u>Aqua Fitness</u></b>                      Arthritis Foundation *                      11:15am-12:00pm</p>	<p><b><u>Aqua Fitness</u></b>                      Aqua Aerobics                      9:30am-10:15am (3)</p>		<p><b><u>Pool Parties</u> *</b>                      12:45pm-3:00pm</p>

\* Denotes paid Programs

\*\* Denotes that 1 out of these 4 lanes could be used for swim lessons

(#) Denotes number of lanes available for lap swimming

*Please see reverse side for pool policies*

JCC

BOSTON