

AQUATICS SCHEDULE

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

** All Pool Fitness, Poolates, AOA Fitness and Family Swim times require a reservation ahead of time.
Reservations can be made in person at the Y or by phone at 413-568-8631 **

LARGE POOL SCHEDULE

Monday		Tuesday		Wednesday	
5:15-6:15 AM	Lap Swim	5:15-8:15 AM	Lap Swim	5:15-6:15 AM	Lap Swim
6:30-7:30 AM	Masters Swim	8:30-9:15 AM	Pool Fitness	6:30-7:30 AM	Masters Swim
7:45-2:45 PM	Lap Swim	9:30-2:45 PM	Lap Swim	7:45-2:45 PM	Lap Swim
3:00-6:00 PM	Swim Team	3:00-6:00 PM	Swim Team	3:00-6:00 PM	Swim Team
6:00-7:00 PM	Lane 1-3: Lap Swim/ Lane 4-6: Swim Team	6:00-8:45 PM	Lap Swim	6:00-7:00 PM	Lane 1-3: Lap Swim/Lane 4-6: Swim Team
7:00-8:45 PM	Lap Swim			7:00-8:45 PM	Lap Swim
Thursday		Friday		Saturday	
5:15-8:15 AM	Lap Swim	5:15-6:15 AM	Lap Swim	7:00-1:45 PM	Lap Swim
8:30-9:15 AM	Pool Fitness	6:30-7:30 AM	Masters Swim	10:30-12:15PM	Family Swim
9:30-2:45 PM	Lap Swim	7:45-2:45 PM	Lap Swim		
3:00-6:00 PM	Swim Team	3:00-6:00 PM	Swim Team		
6:00-8:45 PM	Lap Swim	6:00-6:45 PM	Lap Swim		

SMALL POOL SCHEDULE

Monday		Tuesday		Wednesday	
7:00-9:15 AM	Adult Open Swim	7:00-8:10 AM	Adult Open Swim	7:00-9:15 AM	Adult Open Swim
10:05-10:45 AM	AOA Fitness Class	8:15-9:00 AM	Poolates	10:05-10:45 AM	AOA Fitness Class
11:00-11:45 AM	AOA Fitness Class	9:15 - 10:00 AM	Poolates	11:00-11:45 AM	AOA Fitness Class
12:00-1:00 PM	Adult Open Swim	10:45-11:30 AM	Deep End Poolates	11:45-12:45 PM	Adult Open Swim
1:00-2:00 PM	Pre-K Swim Les- sons	11:30-1:00 PM	Adult Open Swim	1:00-2:00 PM	Pre-K Swim Les- sons
3:00-5:00 PM	Adult Open Swim	3:00-4:00 PM	Adult Open Swim	3:00-4:00 PM	Adult Open Swim
5:10-6:00 PM	Deep End Poolates	4:30-6:45 PM	Swim Lessons	4:30-6:00 PM	Swim Lessons
7:15-8:00 PM	Family Swim	7:15-8:00 PM	Family Swim	7:15-8:00 PM	Family Swim
Thursday		Friday		Saturday	
7:00-8:10 AM	Adult Open Swim	7:00-9:00 AM	Adult Open Swim	7:00-8:30 AM	Adult Open Swim
8:15-9:00 AM	Poolates	9:15-10:00 AM	Pool Fitness	9:00-11:15 AM	Swim Lessons
9:15-10:00 AM	Poolates	10:15-12:00 PM	Adult Open Swim		
10:45-11:30 AM	Deep End Poolates	3:00-4:00 PM	Adult Open Swim		
11:30-1:00 PM	Adult Open Swim	4:30-6:00 PM	Swim Lessons		
3:00-4:00 PM	Adult Open Swim	6:00-6:45 PM	Family Swim		
4:30-6:45 PM	Swim Lessons				
7:15-8:00 PM	Family Swim				

*** THE SMALL POOL WILL BE CLOSED
DURING NON-SCHEDULED TIMES ***