



Aquatics Schedule October 2020

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

Lane	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				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 @ 7:00 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	Opens @ 7:00 am																												6:00 AM
6:30 AM	Opens @ 7:00 am																												6:30 AM
7:00 AM	Opens @ 7:00 am																												7:00 AM
7:30 AM	Opens @ 7:00 am																												7:30 AM
8:00 AM	Caley 8-1																								Curtis 8:00 am - 12:30 pm				8:00 AM
8:30 AM																													8:30 AM
9:00 AM									Water Aerobics 9:00-10:00 am								Water Aerobics 9:00-10:00 am				Water Aerobics 9:00-10:00 am								9:00 AM
9:30 AM																													9:30 AM
10:00 AM									Curtis 10-11:30 am								Curtis 9-11:30 am				Curtis 10-11:30 am								10:00 AM
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11:00 AM																													11:00 AM
11:30 AM																													11:30 AM
12:00 PM					Deep Water 11:45 - 12:30pm				Deep Water (Nan) 11:45 - 12:30pm				Deep Water 11:45 - 12:30pm				Deep Water 11:45 - 12:30pm				Deep Water 11:45 - 12:30pm				12:00 PM				
12:30 PM																									12:30 PM				
1:00 PM																									1:00 PM				
1:30 PM	Swim Team (Heather) 1:00 - 2:00 Aqua 2:00-3:00 Jr 3:00-4:00 Jr 4:00-5:00 Sr 5:30-6:30 Sr 6:30-7:30 Sr								Heather 1-3 pm								Curtis 1-4 pm				Heather 1-3 pm				1:30 PM				
2:00 PM									Curtis 2-4 pm																2:00 PM				
2:30 PM																									2:30 PM				
3:00 PM																									3:00 PM				
3:30 PM																	Curtis 1-6 pm								3:30 PM				
4:00 PM													Swim Team (Heather)								Swim Team (Caley)				4:00 PM				
4:30 PM																									4:30 PM				
5:00 PM									Swim Team (Caley)				3:00-4:00 Jr 4:00-5:00 Aqua 5:00-6:00 Jr				Swim Team (Heather)				3:00-4:00 Jr 4:00-5:00 Jr 5:00-6:00 Sr 6:00-7:00 Sr 7:00-8:00 Sr 8:00-9:00 Sr				5:00 PM				
5:30 PM					4:00-5:00 Jr 5:00-6:00 Jr 6:00-7:00 Sr 7:00-8:00 Sr 8:00-9:00 Sr								Caley 5-7 pm				4:00-5:00 Aqua 5:00-6:00 Jr 6:00-7:00 Sr 7:00-8:00 Sr 8:00-9:00 Sr				5:30 PM								
6:00 PM	Closed @ 5:00 pm																								6:00 PM				
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9:30 PM									Closed @ 9:00 pm				Closed @ 9:00 pm				Closed @ 9:00 pm				Closed @ 9:00 pm				Closed @ 9:00 pm				9:30 PM

<p>*Unscheduled lanes are available for Lap Swimming & Multi-Purpose</p> <p>**Pool Closure Occurs 15 Minutes Prior To Club Closing</p>	Swordfish	<p>Anything in green is subject to the Swymfit Swordfish Swim Team practice schedule and will not be available for patron use.</p>
	Swimming Lessons	<p>Reserved for Swimming Lesson Use Only During Swimming Lessons, Accommodations will be made if room permits.</p>