



Aquatics Schedule September 8th - September 14th 2019

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

Lane	Sunday 8th				Monday 9th				Tuesday 10th				Wednesday 11th				Thursday 12th				Friday 13th				Saturday 14th				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				
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7:30 AM													300 (15 min.)								300 (15 min.)								7:30 AM				
8:00 AM																													8:00 AM				
8:30 AM																													8:30 AM				
9:00 AM	Swimming Lessons				Water Aerobics (60 min.) 9 - 10				360				Water Aerobics (60 min.) 9:00 - 10:00 am				360				Water Aerobics (60 min.) 9 - 10				Advanced DW (45 min.) 9:00 - 9:45 am				9:00 AM				
9:30 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								9:30 AM
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5:30 PM									SwimTeam Tryouts 5:00 - 6:30 pm				Swimming Lessons				Swordfish SwimTeam 4:00 - 7:30 pm				Swimming Lessons								5:30 PM				
6:00 PM	Closed @ 5:00 pm				Deep Water (45 min.) 6:30 - 7:15 pm																												6:00 PM
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<p>*Unscheduled lanes are available for Lap Swimming & Multi-Purpose</p> <p>**Pool Closure Occurs 15 Minutes Prior To Club Closing</p> <p>***During Deep Water Classes: If there are 10 or more participants, then Lane 4 will not be available for lap swimming.</p>	<div style="background-color: #90ee90; padding: 5px;">Swordfish</div> <div style="background-color: #add8e6; padding: 5px;">Swimming Lessons</div>	<p style="text-align: center;">Anything in green is subject to the Swymfit Swordfish 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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