



# Aquatics Schedule February 10th - February 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				5:30 AM				
6:00 AM													360 (30 min.)				360 (30 min.)				360 (30 min.)				360 (30 min.)				6:00 AM
6:30 AM																													6:30 AM
7:00 AM													360 (30 min.)				360 (30 min.)				360 (30 min.)				360 (30 min.)				7:00 AM
7:30 AM																	300 (45 min.)				300 (45 min.)				300 (45 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 (30 min.)				Water Aerobics (60 min.) 9 - 10				360 (30 min.)				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				The Taylor School 10 - 11:30 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
10:00 AM																													10:00 AM
10:30 AM									Deep Water (45 min.) 12:00 - 12:45 pm				Deep Water (45 min.) 12:00 - 12:45 pm				Deep Water (45 min.) 12:00 - 12:45 pm				Deep Water (45 min.) 12:00 - 12:45 pm				Swimming Lessons				11:00 AM
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3:00 PM	Swordfish Swim Team Junior 3:00 - 4:00 pm (60 min.) Senior 4:00 - 5:30 pm (90 min.)				Bromfield Swim Team 3:00 - 4:30 pm				Bromfield Swim Team 3:00 - 4:00 pm				Bromfield Swim Team 3:00 - 4:30 pm				Bromfield Swim Team 3:00 - 4:00 pm				Bromfield Swim Team 3:00 - 4:30 pm				Family Fun Swim :)				3:00 PM
3:30 PM																													
4:00 PM	Swymfit Closes @ 5:00 pm								Swordfish Swim Team Aqua 4:00 - 5:00 pm (60 min.) Junior 5:00 - 6:00 pm (60 min.) Senior 6:00 - 7:30 pm (90 min.)				Swimming Lessons				Swordfish Swim Team Aqua 4:00 - 5:00 pm (60 min.) Junior 5:00 - 6:00 pm (60 min.) Senior 6:00 - 7:30 pm (90 min.)				Swimming Lessons				Birthday Party 4:30 - 6:30 pm				4:00 PM
4:30 PM																													
5:00 PM	Closed @ 5:00 pm				Swimming Lessons				Swordfish Swim Team Aqua 4:00 - 5:00 pm (60 min.) Junior 5:00 - 6:00 pm (60 min.) Senior 6:00 - 7:30 pm (90 min.)				Swimming Lessons				Swordfish Swim Team Aqua 4:00 - 5:00 pm (60 min.) Junior 5:00 - 6:00 pm (60 min.) Senior 6:00 - 7:30 pm (90 min.)				Swimming Lessons				Closed @ 6:00 pm				5:00 PM
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<p><b>*Unscheduled lanes are available for Lap Swimming &amp; Multi-Purpose</b></p>	Swordfish	<p>Anything in green or red is subject to the Swymfit Swordfish Swim Team and Bromfield Swim Team practice schedule and will not be available for patron use. Bromfield's schedule will start November 26th and end February 15th.</p>
<p><b>**Pool Closure Occurs 15 Minutes Prior To Club Closing</b></p>	Bromfield	
<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>	Swimming Lessons	<p>Reserved for Swimming Lesson Use Only During Swimming Lessons, If Lane 3 is Unshaded Then It Is Designated For Lap Swimming Only</p>