



Aquatics Schedule September 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				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	8:00 am- 1:00 pm																								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																	9:00-11:30 am				10:00 -11:30 am								10:00 AM				
10:30 AM									10:00 -11:30 am								10:00 -11:30 am												10:30 AM				
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								12:00 PM								
12:30 PM																									12:30 PM								
1:00 PM																									1:00 PM								
1:30 PM	Heather Swim Team 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												1:00-6:00 pm				1:00 - 4:00 pm								11:30 am - 5:00 pm				1:30 PM				
2:00 PM					2:00-4:00 pm				2:30-3:00 pm																				2:00 PM				
2:30 PM																													2:30 PM				
3:00 PM																													3:00 PM				
3:30 PM																													3:30 PM				
4:00 PM																													4:00 PM				
4:30 PM													Heather Swim Team 3:00-4:00 Jr 4:00-5:00 Aqua 5:00-6:00 Jr 6:00-7:00 Jr 7:00-8:00 Sr 8:00-9:00 Sr																4:30 PM				
5:00 PM									Caley Swim Team 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																				5:00 PM				
5:30 PM																									5:30 PM								
6:00 PM	Closed @ 5:00 pm												5:00-7:00 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				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				Heather Swim Team 5:00-6:00 Jr				6:00 PM				
6:30 PM																									6:30 PM								
7:00 PM																									7:00 PM								
7:30 PM																									7:30 PM								
8:00 PM																									8:00 PM								
8:30 PM																									8:30 PM								
9:00 PM									Closed @ 9:00 pm								Closed @ 9:00 pm								Closed @ 9:00 pm				9:00 PM				
9:30 PM													Closed @ 9:30 pm								Closed @ 9:30 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>