

6 Lane Pool Schedule 2017

Monday Pool Hours: 7AM - 8PM

Time/Lane	1	2	3	4	5	6
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swimming	Lap Swimming	Lap Swim
8a-9a	AM Energizer (S)					
9a-10a	Making Waves (S)					
10a-11a	Deep Water Mix (D)					
11a-12p	Rec Swim 12p-4p(S/D)			Lap Swimming	Lap Swimming	Lap Swim
12p-1p						
1p-2p						
2p-3p						
3p-4p	Swim School (S)			Lap Swim	Lap Swim	Lap Swim
4p-5p	Swim School (S)					
5p-6p	Aqua Fusion (Deep)			Lap Swim	Lap Swim	Lap Swim
6p-7p	Aqua Fusion (Deep)					
7p-8p	Rec Swim (S/D)			Lap Swim	Lap Swim	Lap Swim

Tuesday Pool Hours: 7AM - 7:30PM

Time/Lane	1	2	3	4	5	6
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8a-9a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9a-10a	Swim School 9a-12p All Lanes Shallow					
10a-11a	Swim School 9a-12p All Lanes Shallow					
11a-12p	Rec Swim 11a - 4p				Lap Swim	Lap Swim
12p-1p						
1p-2p						
2p-3p						
3p-4p	Swim School 4p-7p All Lanes Shallow					
4p-5p	Swim School 4p-7p All Lanes Shallow					
5p-6p	Swim School 4p-7p All Lanes Shallow					
6p-7p	Total Body Blast (D)			Lap Swim	Lap Swim	Lap Swim
7p-7:30p	Total Body Blast (D)					
7p-7:30p	Rec Swim (S/D)			Lap Swim	Lap Swim	Lap Swim

Wednesday Pool Hours: 7AM - 8PM

Time/Lane	1	2	3	4	5	6
7a-8a	Pilates Flow			Lap Swim	Lap Swim	Lap Swim
8a-9a	7:45a-8:45a (S)					
9a-10a	Aqua Cardio Core (D)			Lap Swim	Lap Swim	Lap Swim
10a-11a	Swim School 9a-11:30a					
11a-12p	Rec Swim 11a-2:30p (S/D)			Lap Swim	Lap Swim	Lap Swim
12p-1p						
1p-2p						
2p-3p						
3p-4p	Swim School 3:00p-7p (S&D)			Lap Swim	Lap Swim	Lap Swim
4p-5p	Swim School 3:00p-7p (S&D)					
5p-6p	Swim School 3:00p-7p (S&D)			Lap Swim	Lap Swim	Lap Swim
6p-7p	Aqua Insanity 6p-7p (D)					
7p-8p	Rec Swim (S/D)			Lap Swim	Lap Swim	Lap Swim

Thursday Pool Hours: 7AM - 7:30PM

Time/Lane	1	2	3	4	5	6
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8a-9a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9a-10a	Swim School 9a-10:30a					
10a-11a	Swim School 9a-10:30a					
11a-12p	Rec Swim 11am-4pm				Lap Swim	Lap Swim
12p-1p						
1p-2p						
2p-3p						
3p-4p	Swim School 4p-4:30p All Lanes			Lap Swim	Lap Swim	Lap Swim
4p-5p	Swim School 4p-4:30p All Lanes					
5p-6p	Swim School 4:30p-6:30p (S&D)					
6p-7p	Aqua Power 6p-7p (D)			Lap Swim	Lap Swim	Lap Swim
7p-7:30p	Aqua Power 6p-7p (D)					
7p-7:30p	Rec Swim (S/D)			Lap Swim	Lap Swim	Lap Swim

Availability is subject to change based on events, holidays, and maintenance.
 Please check the website and email prior to arriving for important updates.
 An updated schedule will posted at the pool entrance each day.

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Friday Pool Hours: 7AM - 8PM





Time/Lane	1	2	3	4	5	6
7a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8a-9a	Aqua Fit (S)					
9a-10a	M2M 9a-10a (Shared Shallow)					
10a-11a	Swim School 9a-11:30a					
11a-12p	Rec Swim 11a-3:30p (S/D)					
12p-1p						
1p-2p						
2p-3p						
3p-4p						
4p-5p	Swim School 4:30p-7p (S/D)					
5p-6p	Swim School 4:30p-7p (S/D)					
6p-7p	Swim School 4:30p-7p (S/D)					
7p-8p	Rec Swim (S/D)					

Saturday Pool Hours: 6AM - 6PM

Time/Lane	1	2	3	4	5	6
6a-8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8a-9a	H2O Cardio 7:30a-8:30a (S)					
9a-10a	Deep Water Directions 8:30a-9:30a (D)					
10a-11a	Swim School 8am-1p (S&D)					
11a-12p	Swim School 8am-1p (S&D)					
12p-1p	Swim School 8am-1p (S&D)					
2p-3p	Rec Swim 1p-6p (S&D)				Lap Swim	
3p-4p	Rec Swim 1p-6p (S&D)					
4p-5p	Rec Swim 1p-6p (S&D)					
5p-6p	Rec Swim 1p-6p (S&D)					

Sunday Pool Hours: 7AM - 5:30PM

Time/Lane	1	2	3	4	5	6
7a-11a	Swim School (S/D)					Lap Swim
11a-12p						
12p-1p						
1p-2p						
2p-5:30p						

Color Key	
	Lap Swimming Only
	Waves Swim School
	Water Fitness (S)-Shallow (D)-Deep (S&D) Both
	Recreational/Kids Swimming

S= Shallow End
D= Deep End

For any inquiries, questions, or comments regarding aquatics please contact us:			
Waves Swim School	Tammie Frye	Tfrye@weymouthclub.com	781.682.5883
Aquatics Director	Stephanie Higgins	shiggins@weymouthclub.com	781.682.5822
WAVES Swim Team	Jack Folcarelli	JFolcarelli@Weymouthclub.com	781.682.5820
Red Cross Programing	Pat Cullinan	Savelives@Weymouthclub.com	781.682.5818
Water Fitness Programming	Deb Quigley	WaterFitness@Weymouthclub.com	781.682.5809

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