

Warm Water Therapy Pool Schedule

Monday Pool Hours: 5AM - 9PM

5a-6a	Bay State Physical Therapy	
6a-7a		
7a-8a		
8a-9a		
9a-10a		
10a-11a		
11a-12p		
12p-1p		
1p-2p		
2p-3p		
3p-4p		
4p-5p		
5p-6p		
6p-7p		Water Fitness- Gentle Moves
7p-8p		
8p-9p		

Tuesday Pool Hours: 5AM - 9PM

5a-6a	Autism Swim and Rec	
6a-7a		
7a-8a		
8a-9a		Water Fitness- Warm Water Flow
9a-10a		Water Fitness- Motion to Music
10a-11a		Water Fitness- Arthritis
11a-12p		
12p-1p		
1p-2p		
2p-3p		
3p-4p		
4p-5p		
5p-6p		
6p-7p		
7p-8p		
8p-9p		

Wednesday Pool Hours: 5AM - 9PM

5a-6a	Bay State Physical Therapy	
6a-7a		
7a-8a		
8a-9a		
9a-10a		
10a-11a		
11a-12p		
12p-1p		
1p-2p		
2p-3p		
3p-4p		
4p-5p		
5p-6p		
6p-7p		Water Fitness- Arthritis
7p-8p		
8p-9p		

Thursday Pool Hours: 5AM - 9PM

5a-6a	Autism Swim and Rec	
6a-7a		
7a-8a		
8a-9a		Water Fitness- Yoga Flow
9a-10a		Water Fitness- Arthritis
10a-11a		Water Fitness- Arthritis
11a-12p		
12p-1p		
1p-2p		
2p-3p		
3p-4p		
4p-5p		
5p-6p		
6p-7p		
7p-8p		
8p-9p		

*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 be posted at the pool entrance each day.

Warm Water Therapy Pool Schedule

Friday Pool Hours: 5AM - 9PM

5a-6a	Bay State Physical Therapy
6a-7a	
7a-8a	
8a-9a	
9a-10a	
10a-11a	
11a-12p	
12p-1p	
1p-2p	
2p-3p	
3p-4p	
4p-5p	
5p-6p	
6p-7p	
7p-8p	
8p-9p	





Saturday Pool Hours: 6AM - 6:30PM

6a-7a	Autism Swim and Rec
7a-8a	
8a-9a	
9a-10a	
10a-11a	
11a-12p	
12p-1p	
1p-2p	
2p-3p	
3p-4p	
4p-5p	
5p-6p	
6p-6:30p	

Sunday Pool Hours: 7AM - 5:30PM

7a-8a	Open Swim - Please Share
8a-9a	
9a-10a	
10a-11a	
11a-12p	
12p-1p	
1p-2p	
2p-3p	
3p-4p	
4p-5p	
5p-5:30p	

Color Key

	Open Swim - Please Share
	Bay State Physical Therapy
	Water Fitness
	Autism Swim and Rec

For any inquiries, questions, or comments regarding aquatics please contact us:

Swim School Admin	Tammie Frye	Tfrye@weymouthclub.com	781.682.5883
WAVES Swim School	Lauren Rivera	SwimSchool@Weymouthclub.com	781.682.5819
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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