

## FAMILY POOL

January–April 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 1:00pm–4:30pm	Open Swim 5:00am–8:15am	Open Swim 5:00am–6:00am	Open Swim 5:00am–8:15am	Open Swim 5:00am–6:00am	Open Swim 5:00am–8:15am	Open Swim 6:00am–8:00am
	AquaCise 8:15am–9:15am	AquaCise 6:00am–7:00am	AquaCise 8:15am–9:15am	AquaCise 6:00am–7:00am	AquaCise 8:15am–9:15am	Open Swim 8:00am–9:00am
	AquaCise 9:30am–10:30am	Open Swim 7:00am–9:00am	AquaCise 9:30am–10:30am	Open Swim 7:00am–1:00pm	AquaCise 9:30am–10:00am	Swim Lessons 9:00am–11:00am
	Open Swim 10:30am–11:00am	MGH 9:00am–12:00pm	Open Swim 10:30am–11:00am	MGH 9:00am–12:00pm	Open Swim 10:00am–11:00am	Parent/Child 11:00am–11:30am
	Open Swim 11:00am–1:00pm	Open Swim 12:00pm–1:00pm	Open Swim 11:00am–1:00pm	Open Swim 12:00pm–1:00pm	Open Swim 11:00am–1:00pm	Open Swim 11:30am–4:30pm

The Doug Lance Family Aquatic Center is CLOSED 1:00PM—4:00PM Monday—Friday

Open Swim 4:00pm–5:30pm	Open Swim 4:00pm–5:15pm	Open Swim 4:00pm–5:00pm	Open Swim 4:00pm–6:15pm	Open Swim 4:00pm–5:30pm
AquaCise 5:30pm–6:30pm	Swim Lessons 5:30pm–7:30pm	AquaCise 5:30pm–6:30pm	Open Swim 6:15pm–7:30pm	AquaCise 5:30pm–6:30pm
Open Swim 6:30pm–8:30pm	Open Swim 7:30pm–8:30pm	Open Swim 6:00pm–8:30pm	Open Swim 7:30pm–8:30pm	Open Swim 6:30pm–7:30pm

## LAP POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 1:00pm–4:30pm	Open Swim 5:00am–1:00pm	Open Swim 5:00am–1:00pm	Open Swim 5:00am–1:00pm	Open Swim 5:00am–1:00pm	Open Swim 5:00am–1:00pm	Open Swim 6:00am–4:30pm

The Doug Lance Family Aquatic Center is CLOSED 1:00PM—4:00PM Monday—Friday

Open Swim 4:00pm–8:30pm	Open Swim 4:00pm–8:30pm	Open Swim 4:00pm–8:30pm	Open Swim 4:00pm–8:30pm	Open Swim 4:00pm–7:30pm
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Schedule subject to change with little to no notice.  
Please contact the Aquatic Director with questions.

# POOL SCHEDULE

### IMPORTANT:

- During scheduled programming and events, the area being used will be closed.
- Age 12 and under  
A parent or guardian, 18 years or older, must be in the Aquatic Center at all times.
- Weak and non-swimmers must use a U.S. Coastguard approved life jacket and have their adult within arms reach at all times.
- Must be 18 or over to enter Hot Tub or Steam Room.
- Proper Swim Attire Required.
- Follow all pool rules & Lifeguard instruction.