

WINTER POOL SCHEDULE

March 10 - March 17

All pools close Mon - Fri at 8:45pm and Sat - Sun at 5:45pm unless otherwise noted

Revised 2-23-19

SEE REVERSE FOR MORE INFORMATION

**BEEDE
CENTER**
swim + fitness

DAY	LAP POOL (#) equals lanes used for programs All 8 lanes open during non-program time	SHALLOW END	THERAPY POOL (* equals 1/2 pool closed (**) equals entire pool closed	DIVE WELL Dive Well closes at 8:30pm Mon-Fri and 5:30pm Sat & Sun
MONDAY	5:45am – 7:00am Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4) 5:00pm – 6:00pm Pre Otters	11:00am – 12:00pm Rock 'N Roll 4:30pm - 5:00pm Level 1&2 Swim Lesson 5:00pm - 5:30pm Level 3 Swim Lessons	10:00am - 10:30am Parent/Child* 11:00am - 11:30am Preschool 2* 2:15pm – 3:00pm Arthritis**	7:00am-8:00am Deep Water 1:15pm – 2:00pm Deep Water Interval 5:30pm - 7:00pm Boston Area Diving
TUESDAY	9:30am - 10:45am Masters Swim (2) 12:00pm – 1:15pm Masters Swim (4) 1:30pm - 2:15pm Level 4 Swim Lessons (1) 5:00pm – 5:45pm Level 5 & 6 Swim Lessons (1) 7:00pm - 7:45pm Adaptive Aquatics 7:00pm – 8:15pm Masters Swim (4)	12:00pm – 1:00pm Shallow Water Workout 4:00pm – 4:30pm Level 1&2 Swim Lesson 4:30pm - 5:00pm Level 3 Swim Lessons	1:15pm – 2:00pm Arthritis** 2:30pm - 3:00pm Preschool 3* 3:30pm - 4:00pm Preschool 2*	9:15 am– 10:00am Deep Water Interval 5:00pm - 6:30pm Boston Area Diving 6:30pm – 7:30pm Deep Water
WEDNESDAY	5:45am – 7:00am Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4) 1:30pm - 2:15pm Level 4 Swim Lessons 5:00pm – 6:00pm Pre Otters	9:00am – 10:00am Shallow Water Workout 4:30pm-5:00pm Level 3 Swim Lessons	11:30am – 12:15pm Arthritis** 1:15pm - 2:15pm Stay and Swim* 3:00pm - 3:30pm Preschool 2* 3:30 pm- 4:00pm Preschool 1*	7:00am – 8:00am Deep Water 10:15am–11:00am Deep Water Interval 5:30pm - 7:00pm Boston Area Diving
THURSDAY	9:30am - 10:45am Masters Swim (2) 12:00pm – 1:15pm Masters Swim (4) 7:00pm - 7:45pm Adaptive Aquatics 7:00pm – 8:15pm Masters Swim (4)	9:30am -10:30am Shallow Water Workout 2:30pm - 3:00pm Preschool 3 4:00pm – 4:30pm Level 3 Swim Lesson	9:45am - 10:15am Preschool 1* 1:15pm – 2:00pm Arthritis** 2:15pm - 3:00pm Py Yo Chi** 3:00pm - 3:30pm Preschool 2* 3:30pm - 4:00pm Preschool 1*	5:30pm - 7:00pm Boston Area Diving 7:00pm – 8:00pm Deep Water
FRIDAY	5:45am – 7:00am Master Swim (5)	10:30pm - 11:00pm Preschool 3 11:15pm - 12:15am Shallow Water Workout 4:30pm - 5:00pm Level 1 & 2 Swim Lesson 5:00pm – 5:30pm Level 3 Swim Lesson	10:15am – 11:00am Arthritis** 11:30am-12:00pm Preschool 1*	7:00am – 7:45am Boot Camp 9:00am – 10:00am Deep Water 5:30pm - 7:00pm Boston Area Diving
SATURDAY	10:30am – 11:15am Level 4 Swim Lessons (2) 11:30am - 12:15am Level 5&6 Swim Lessons (2) 1:15pm - 2:30pm Drop-In Master Swim (2)	9:30am - 10:00am Level 1 & 2 Swim Lesson 10:00am – 10:30am Level 3 Swim Lesson 12:00am – 12:30am Level 3 Swim Lesson	9:00am - 9:30am Parent/Child* 9:30am - 10:00am Preschool 1* 10:45am 11:15am Parent/Child*	9:00am - 10:30am Boston Area Diving 10:30am – 11:15am Beginner Diving 11:15am -12:00pm Inter. Diving
SUNDAY	12:30pm - 1:00pm Adaptive Aquatics (2) 1:30pm - 2:30pm Concord Challengers (2) 2:30pm - 3:30pm Concord Challengers (2)			9:30am – 10:15am Boot Camp

Lap Pool

The # in parenthesis indicates the number of lanes used for programming. Please circle swim if more than 2 people are in a lane.

Shallow End

The shallow end of the lap pool is open for general use at all times, however, ½ or portions of the shallow end are reserved for programs/classes during the times listed.

Therapy Pool

The therapy pool is closed during the listed times for programs/classes. ½ the pool is available during times denoted by an asterisk (*).

Dive Well

The dive well is closed for member use during the times listed below. Dive well closes ½ hour before closing.

Kiddie Pool

The kiddie pool features will be turned on Mon – Fri at 9:30am and then turned off from 12:30pm – 2:30pm, Saturday/Sunday from 7am - 11am and during times with a double asterisk (**) under the therapy pool times. The kiddie pool is turned off ½ hour before closing. Children must be accompanied/supervised by a parent at all times.

Private Swim Lessons

- Private lessons take place on Monday, Tuesday and Thursday from 3:00pm-7:00pm and will use either the Therapy Pool or Lap Pool

Stay and Swim

- Winter Session: January 9-March 20
- Spring Session: April 3-June 12

Adult Water Polo

- March 5
- March 26
- May 14
- May 28
- June 25

Middlesex School

- March 4 3:30pm-4:30pm Dive Well and Lap Pool (2 lanes)
- March 27 3:30pm-4:30pm Dive Well and Lap Pool (2 lanes)