



440 Grove Street • Worcester, MA 01605 • worcesterfitness.com

Pool Schedule

Sunday 7am – 7:45pm	Monday 5am – 9:45pm	Tuesday 5am – 9:45pm	Wednesday 5am – 9:45pm	Thursday 5am – 9:45pm	Friday 5am – 9:45pm	Saturday 7am – 7:45pm
8:00AM – 9:00AM Family Swim	8:00AM – 10:00AM Family Swim	8:00AM – 10:00AM Family Swim	8:00AM – 9:00AM Family Swim	9:00AM – 10:30AM Group Swim**	9:00AM – 10:00AM Group Swim**	8:00AM – 9:00AM Aqua Jam with Picky <u>Pool reserved for class</u>
9:00AM – 11:00AM Group Swim**	10:30AM – 11:15AM H2O Works with Picky <u>Pool reserved for class</u>	10:30AM – 11:15AM H2O Suspension with Picky <u>Pool reserved for class</u>	9:30AM – 10:15AM Aqua Boot Camp with Picky <u>Pool reserved for class</u>	10:30AM – 11:15AM Aqua Stretch & Tone with Picky <u>Pool reserved for class</u>	10:30AM - 11:15AM H2O Works with Picky <u>Pool reserved for class</u>	9:15AM – 11:45AM Group Swim Lessons <u>Pool reserved for lessons</u>
12:00PM – 4:00PM Family Swim	11:15AM – 12:00PM Aqua Boot Camp with Picky <u>Pool reserved for class</u>	11:45AM – 2:15PM St. Vincent PT	10:30AM – 11:15AM H2O Works with Picky <u>Pool reserved for class</u>	11:15AM – 11:45AM Group Swim**	11:15AM – 12:00PM Aqua Boot Camp with Picky <u>Pool reserved for class</u>	12:30PM – 4:00PM Family Swim
3:30PM – 4:00PM Group Swim**	1:15PM – 4:15PM St. Vincent PT	12:00PM – 2:00PM Family Swim	11:30AM – 1:30PM Family Swim	11:45AM – 2:15PM St. Vincent PT	12:15PM – 2:15PM St. Vincent PT	
4:30PM – 5:00PM Group Swim**	12:00PM – 3:00PM Family Swim	4:30PM – 6:00PM Group Swim**	1:15PM – 4:15PM St. Vincent PT	2:00PM – 4:00PM Family Swim	2:00PM – 5:00PM Family Swim	
	4:00PM – 4:30PM Group Swim**	6:00PM – 7:00PM Bootcamp H2O** with Picky	4:30PM – 5:00PM Group Swim**	4:30PM – 5:00PM Group Swim**	5:00PM – 6:30PM Swim Team <u>Pool reserved for team</u>	
	5:00PM – 7:00PM Group Swim**	7:00PM – 8:00PM Family Swim	5:00PM – 6:30PM Swim Team <u>Pool reserved for team</u>	5:30PM – 6:00PM Group Swim**	6:00PM – 7:00PM Bootcamp H2O** with Picky	
			6:30PM – 7:00PM Group Swim**	6:00PM – 7:00PM Bootcamp H2O** with Picky	6:30PM – 8:00PM Family Swim	
<p>-Members are allowed to use the pool during regular hours (M-F 5am – 9:45pm S&S 7am – 7:45pm), <u>except when reserved for class or lessons highlighted above.</u></p> <p>-Children and grandchildren of members are allowed during Family Swim only.</p> <p>-During group swim, swim team or water fitness classes swim space for lap swimming is available but limited.**</p> <p>-Swimmers must be 18 years or older, or accompanied by an adult. (No lifeguards on duty)</p> <p>-Private swim lessons & personal training sessions are not listed and can occur throughout the day.</p> <p>-Swimmers are encouraged to split lanes.</p> <p>-Pool Schedule subject to change.</p>						10/20/2019
						<p><i>Worcester Fitness is proud to feature an environmentally friendly pool cleaning and filtration system!</i></p>