



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

# Pool Schedule

Sunday 7am – 4:00pm	Monday 5am – 9:00pm	Tuesday 5am – 9:00pm	Wednesday 5am – 9:00pm	Thursday 5am – 9:00pm	Friday 5am – 8:00pm	Saturday 7am – 4:00pm
7:00AM – 8:30AM Family Swim	8:00AM – 10:00AM Family Swim	8:00AM – 10:00AM Family Swim	8:00AM – 10:00AM Family Swim	9:00AM – 11:45AM Group Swim**	8:00AM – 10:00AM Family Swim	8:30AM – 11:45AM Group Swim <i>Pool reserved for lessons 9:50AM – 11:00AM</i>
8:30AM – 11:00AM Group Swim**	10:30AM – 11:15AM Aqua Jam <i>Pool reserved for class</i>	12:00PM – 3:00PM Family Swim	10:30AM – 11:15AM Aqua Jam <i>Pool reserved for class</i>	12:00PM – 2:00PM Family Swim	10:30AM - 11:15AM Aqua Jam <i>Pool reserved for class</i>	12:00PM – 3:00PM Family Swim
12:00PM – 4:00PM Family Swim	12:00PM – 3:00PM Family Swim	4:30PM – 7:00PM Group Swim**	12:00PM – 3:00PM Family Swim	5:50PM – 6:20PM Group Swim**	2:00PM – 5:00PM Family Swim	3:10PM – 5:00PM (2X per Month) Swim Team <i>Pool reserved for team</i>
3:10PM – 4:20PM Group Swim**	4:30PM – 7:00PM Group Swim**	5:50PM – 7:40PM Swim Team <i>Pool reserved for team</i>	4:30PM – 6:00PM Group Swim**	6:30PM – 8:00PM Family Swim	5:30PM – 7:30PM Swim Team <i>Pool reserved for team</i>	
			7:00PM – 8:00PM Family Swim			
<ul style="list-style-type: none"> <li>-Members are allowed to use the pool during regular hours <i>except when reserved for class or lessons</i>.</li> <li>-Children and grandchildren of members are allowed during <b>Family Swim</b> only. Lane must be reserved.</li> <li>-During group swim lessons swim space for lap swimming is available but <b>limited</b>.**</li> <li>-Swimmers must be 18 years or older, or accompanied by an adult. (No lifeguards on duty)</li> <li>-Private swim lessons &amp; personal training sessions are not listed and can occur throughout the day.</li> <li>-Swimmers are encouraged to reserve a lane ahead of time and can not share lanes.</li> <li>-Pool Schedule subject to change.</li> </ul>						
						9/20/2020
						<p><i>Worcester Fitness is proud to feature an environmentally friendly pool cleaning and filtration system!</i></p>