



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM-10:00AM Open Swim	5:00AM-10:30AM Open Swim	5:00AM-10:30AM Open Swim	5:00AM-9:30AM Open Swim	5:00AM-9:15AM Open Swim	5:00AM-10:30AM Open Swim	7:00AM-9:00AM Open Swim
10:00AM-11:30AM SWIM LESSONS	10:30AM-11:15AM H2O Works with Picky <i>Pool reserved for class</i>	10:30AM-11:15AM H2O Suspension with Picky <i>Pool reserved for class</i>	9:30AM-10:15AM Aqua Boot Camp with Picky <i>Pool reserved for class</i>	9:15AM-10:15AM SWIM LESSONS	10:30AM-11:15AM H2O Works with Picky <i>Pool reserved for class</i>	9:00AM-10:00AM Aqua Jam with Picky <i>Pool reserved for class</i>
11:30AM-3:00PM Open Swim	11:15AM-12:00PM Aqua Boot Camp with Picky <i>Pool reserved for class</i>	11:15AM-11:45AM Open Swim	10:30AM-11:15AM H2O Works with Picky <i>Pool reserved for class</i>	10:30AM-11:15AM Aqua Stretch & Tone with Picky <i>Pool reserved for class</i>	11:15AM-12:00PM Aqua Boot Camp with Picky <i>Pool reserved for class</i>	10:15AM-11:45AM SWIM LESSONS <i>Pool reserved for class</i>
3:00PM-4:30PM SWIM LESSONS	12:00PM-1:15PM Open Swim	11:45AM-2:15PM St. Vincent PT	10:30AM-11:15AM H2O Works with Picky <i>Pool reserved for class</i>	11:15AM-11:45AM Open Swim	12:15PM-2:15PM St. Vincent PT	11:45AM-7:45PM Open Swim
4:30PM-7:45PM Open Swim	1:15PM-4:15PM St. Vincent PT	2:15PM-3:30PM Open Swim	11:15AM-1:15PM Open Swim	11:45AM-2:15PM St. Vincent PT	2:15PM-9:45PM Open Swim	
	4:15PM-9:45PM Open Swim	3:30PM-4:30PM SWIM LESSONS	1:15PM-4:15PM St. Vincent PT	2:15PM-3:30PM Open Swim		
		4:30PM-6:00PM Open Swim	4:00PM-5:00PM SWIM LESSONS	3:30PM-5:00PM SWIM LESSONS		
		6:00PM-7:00PM Aqua Jam with Picky <i>Pool reserved for class</i>	5:00PM-9:45PM Open Swim	5:00PM-6:00PM Open Swim		
		7:00PM-9:45PM Open Swim		6:00PM-7:00PM Aqua Boot Camp with Picky <i>Pool reserved for class</i>		
				7:00PM-9:45PM Open Swim		
					5/21/2017	

Worcester Fitness is proud to feature an environmentally friendly pool cleaning and filtration system!

***During swim lessons, swim space for lap swimming is available but limited. Swimmers are encouraged to split lanes.

