

# Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM – 7:45PM <b>Open Swim</b>	5:00AM – 9:30AM <b>Open Swim</b>	5:00AM – 9:30AM <b>Open Swim</b>	5:00AM – 9:30AM <b>Open Swim</b>	5:00AM – 9:15AM <b>Open Swim</b>	5:00AM – 9:30AM <b>Open Swim</b>	7:00AM – 9:00AM <b>Open Swim</b>
	9:30AM – 10:30AM <b>Camp</b>	9:30AM – 10:30AM <b>Camp</b>	9:30AM – 10:15AM <b>Aqua Boot Camp</b> with Picky <u>Pool reserved for class</u>	9:15AM – 10:15AM <b>Swim Lessons</b>	9:30AM – 10:30AM <b>Camp</b>	9:00AM – 10:00AM <b>Aqua Jam</b> with Picky <u>Pool reserved for class</u>
	10:30AM – 11:15AM <b>H2O Works</b> with Picky <u>Pool reserved for class</u>	10:30AM – 11:15AM <b>H2O Suspension</b> with Picky <u>Pool reserved for class</u>	10:30AM – 11:15AM <b>H2O Works</b> with Picky <u>Pool reserved for class</u>	10:30AM – 11:15AM <b>Aqua Stretch &amp; Tone</b> with Picky <u>Pool reserved for class</u>	10:30AM - 11:15AM <b>H2O Works</b> with Picky <u>Pool reserved for class</u>	10:15AM – 12:15PM <b>Swim Lessons</b>
	11:15AM – 12:00PM <b>Aqua Boot Camp</b> with Picky <u>Pool reserved for class</u>	11:45AM – 2:15PM <b>St. Vincent PT</b>	11:30AM – 12:30PM <b>Camp</b>	11:45AM – 2:15PM <b>St. Vincent PT</b>	11:15AM – 12:00PM Aqua Boot Camp with Picky <u>Pool reserved for class</u>	11:45AM – 7:45PM <b>Open Swim</b>
	12:00PM – 1:00PM <b>Open Swim</b>	2:15PM – 4:30PM <b>Open Swim</b>	12:30PM – 1:15PM <b>Open Swim</b>	1:00PM – 2:00PM <b>Camp</b>	12:15PM – 2:15PM <b>St. Vincent PT</b>	
	1:00PM – 2:00PM <b>Camp</b>	4:30PM – 5:30PM <b>Swim Lessons</b>	1:15PM – 4:15PM <b>St. Vincent PT</b>	2:15PM – 4:30PM <b>Open Swim</b>	1:00PM – 2:00PM <b>Camp</b>	
	1:15PM – 4:15PM <b>St. Vincent PT</b>	6:00PM – 7:00PM <b>Aqua Jam</b> with Picky <u>Pool reserved for class</u>	2:00PM – 5:00PM <b>Swim Lessons</b>	4:30PM – 5:00PM <b>Swim Lessons</b>	2:15PM – 9:45PM <b>Open Swim</b>	
	1:30PM – 3:00PM <b>Swim Lesson</b>		5:00PM – 9:45PM <b>Open Swim</b>	5:00PM – 6:00PM <b>Open Swim</b>		
	4:15PM – 9:45PM <b>Open Swim</b>	7:00PM – 9:45PM <b>Open Swim</b>		6:00PM – 7:00PM <b>Aqua Boot Camp</b> with Picky <u>Pool reserved for class</u>		7/17/2017
				7:00PM – 9:45PM <b>Open Swim</b>		

During swim lessons & camp, swim space for lap swimming is available (unless otherwise stated) but limited. Swimmers are encouraged to split lanes.

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