



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

Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM – 10:00AM Open Swim	5:00AM – 10:30AM Open Swim	5:00AM – 9:30AM 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	10:30AM – 11:15AM H2O Suspension with Picky	9:30AM – 10:15AM Aqua Boot Camp with Picky	9:15AM – 10:15AM Swim Lessons	10:30AM - 11:15AM H2O Works with Picky	9:00AM – 10:00AM Aqua Jam with Picky
11:30AM – 3:00PM Open Swim	<u>Pool reserved for class</u>	<u>Pool reserved for class</u>	<u>Pool reserved for class</u>	10:30AM – 11:15AM Aqua Stretch & Tone with Picky	<u>Pool reserved for class</u>	<u>Pool reserved for class</u>
3:00PM – 4:30PM Swim Lessons	11:15AM – 12:00PM Aqua Boot Camp with Picky	11:45AM – 2:15PM St. Vincent PT	10:30AM – 11:15AM H2O Works with Picky	<u>Pool reserved for class</u>	11:15AM – 12:00PM Aqua Boot Camp with Picky	10:15AM – 12:15PM Swim Lessons
4:30PM – 7:45PM Open Swim	<u>Pool reserved for class</u>	2:15PM – 3:30PM Open Swim	<u>Pool reserved for class</u>	11:45AM – 2:15PM St. Vincent PT	<u>Pool reserved for class</u>	11:45AM – 7:45PM Open Swim
	12:00PM – 1:15PM Open Swim	3:30PM – 4:30PM Swim Lessons	12:30PM – 1:15PM Open Swim	2:15PM – 3:30PM Open Swim	12:15PM – 2:15PM St. Vincent PT	
	1:15PM – 4:15PM St. Vincent PT	4:30PM – 6:00PM Open Swim	1:15PM – 4:15PM St. Vincent PT	3:30PM – 4:30PM Swim Lessons	2:15PM – 9:45PM Open Swim	
	4:15PM – 7:00PM Open Swim	6:00PM – 7:00PM Aqua Jam with Picky	4:00PM – 5:00PM Swim Lessons	4:30PM – 6:00PM Open Swim		
	7:00PM – 8:00PM Swim Lesson	<u>Pool reserved for class</u>	5:00PM – 7:00PM Open Swim	6:00PM – 7:00PM Aqua Boot Camp with Picky		
	8:00PM – 9:45PM Open Swim	7:00PM – 9:45PM Open Swim	7:00PM – 8:00PM Swim Lessons	<u>Pool reserved for class</u>		
			8:00PM – 9:45PM Open Swim	7:00PM – 9:45PM Open Swim		
						9/10/2017

*Private swim lessons are not listed. During group swim lessons, 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!