



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 – 10:00AM 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 Lessons	10:30AM - 11:15AM H2O Works with Picky <i>Pool reserved for class</i>	8:00AM – 9:00AM Aqua Jam with Picky <i>Pool reserved for class</i>
10:00AM – 11:30AM Group 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>	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>	9:15AM – 11:45AM Group Swim Lessons <i>Pool reserved for lessons</i>
12:00PM – 4:00PM Family Swim	11:15AM – 12:00PM Aqua Boot Camp with Picky <i>Pool reserved for class</i>	11:45AM – 2:15PM St. Vincent PT	10:30AM – 11:15AM H2O Works with Picky <i>Pool reserved for class</i>	11:45AM – 2:15PM St. Vincent PT	12:15PM – 2:15PM St. Vincent PT	12:30PM – 4:00PM Family Swim
4:00PM – 5:00PM Group Swim Lessons	1:15PM – 4:15PM St. Vincent PT	4:30PM – 6:00PM Group Swim Lessons	11:30AM – 1:30PM Family Swim	2:00PM – 4:00PM Family Swim	2:00PM – 8:00PM Family Swim	
	12:00PM – 3:00PM Family Swim	6:00PM – 7:00PM Bootcamp H2O with Picky <i>Pool reserved for class</i>	1:15PM – 4:15PM St. Vincent PT	3:30PM – 4:30PM Group Swim Lessons		
	3:00PM – 3:30PM Group Swim Lesson	7:00PM – 8:00PM Family Swim	5:00PM – 5:30PM Group Swim Lessons	6:00PM – 7:00PM Bootcamp H2O with Picky <i>Pool reserved for class</i>		
	5:30PM – 8:00PM Group Swim Lesson		6:30PM – 8:00PM Group Swim Lessons	7:00PM – 8:00PM Group Swim Lessons		
<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 lessons, swim space for lap swimming is available but <u>limited</u>.</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>						3/17/2019
						<p><i>Worcester Fitness is proud to feature an environmentally friendly pool cleaning and filtration system!</i></p>