



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 <u>Pool reserved for class</u>	8:00AM – 9:00AM Aqua Jam with Picky <u>Pool reserved for class</u>
10:00AM – 11:30AM Group Swim Lessons	10:30AM – 11:15AM H2O Works with Picky <u>Pool reserved for class</u>	10:30AM – 11:15AM H2O Suspension with Picky <u>Pool reserved for class</u>	9:30AM – 10:15AM Aqua Boot Camp with Picky <u>Pool reserved for class</u>	10:30AM – 11:15AM Aqua Stretch & Tone with Picky <u>Pool reserved for class</u>	11:15AM – 12:00PM Aqua Boot Camp with Picky <u>Pool reserved for class</u>	9:15AM – 11:45AM Group Swim Lessons <u>Pool reserved for lessons</u>
12:00PM – 4:00PM Family Swim	11:15AM – 12:00PM Aqua Boot Camp with Picky <u>Pool reserved for class</u>	11:45AM – 2:15PM St. Vincent PT	10:30AM – 11:15AM H2O Works with Picky <u>Pool reserved for class</u>	11:45AM – 2:15PM St. Vincent PT	12:00PM – 1:00PM CAMP	12:30PM – 4:00PM Family Swim
4:00PM – 5:00PM Group Swim Lessons	12:00PM – 1:00PM CAMP	1:00PM – 2:00PM Family Swim	12:00PM – 1:00PM CAMP	2:00PM – 4:00PM Family Swim	12:15PM – 2:15PM St. Vincent PT	
	1:15PM – 4:15PM St. Vincent PT	4:30PM – 6:00PM Group Swim Lessons	1:15PM – 4:15PM St. Vincent PT	3:30PM – 4:30PM Group Swim Lessons	2:00PM – 8:00PM Family Swim	
	1:00PM – 3:00PM Family Swim	6:00PM – 7:00PM Bootcamp H2O with Picky <u>Pool reserved for class</u>	5:00PM – 5:30PM Group Swim Lessons	6:00PM – 7:00PM Bootcamp H2O with Picky <u>Pool reserved for class</u>		
	3:00PM – 3:30PM Group Swim Lesson	7:00PM – 8:00PM Family Swim	6:30PM – 8:00PM Group Swim Lessons	7:00PM – 8:00PM Group Swim Lessons		
	5:30PM – 8:00PM Group Swim Lesson					

*Members are allowed to use the pool during regular hours (M-F 5am – 9:45pm S&S 7am – 7:45pm), except when reserved for class or lessons highlighted above.

*Children and grandchildren of members are allowed during **Family Swim** only.

*During group swim lessons, swim space for lap swimming is available but limited.

*Swimmers must be 18 years or older, or accompanied by an adult. (No lifeguards on duty)

*Private swim lessons & personal training sessions are not listed and can occur throughout the day.

*Swimmers are encouraged to split lanes.

*Pool Schedule subject to change.

6/24/2019

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