



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER POOL SCHEDULE

NORTHERN BERKSHIRE

Main Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Summer 2018	6:00a-8:00a Lap Swim (all lanes)	6:00a-9:00a Lap Swim (all lanes)	6:00a-8:00a Lap Swim (all lanes)	6:00a-9:00a Lap Swim (all lanes)	6:00a-8:00a Lap Swim (all lanes)	8:00a-4:00p Open/Lap Swim	8:00a-12:00p Open/Lap Swim
Multiple activities are often scheduled in this pool at the same time.	8:00a-10:00a Open/Lap Swim (3 lanes each)	9:00a-9:45a Cardio Walking	8:00a-9:00a Open/Lap Swim (3 lanes each)	9:00a-9:45a Cardio Walking	8:00a-9:00a Open/Lap Swim (3 lanes each)	CLOSED 4:00PM	CLOSED 12:00PM
Open/Lap Swim During this time the pool will be split in half, 3 lanes each.	10:00a-10:30a Pre-School/Open (3 lanes each)	9:45a-2:00p Open/Lap Swim (3 lanes each)	9:00a-10:00a Drury HS/Lap (3 lanes each)	9:45a-2:00p Open/Lap Swim (3 lanes each)	9:00a-10:00a Aqua Cardio Power	10:00a-11:00a Open/Lap Swim (3 lanes each)	
Lap Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.	10:30a-11:00a Lap Swim (all lanes)	CLOSED 2:00p-4:00p	10:00a-11:00a Open/Lap Swim (3 lanes each)	CLOSED 2:00p-4:00p			
If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.	11:00a-11:45a Twinges In The Hinges	4:00p-5:00p Open/Lap Swim (3 lanes each)	11:00a-11:45a Twinges In The Hinges	4:00p-5:00p Open/Lap Swim (3 lanes each)	11:00a-11:45a Twinges In The Hinges		
	11:45a-1:00p Lap Swim (all lanes)	5:00p-5:45p Aqua Cardio Power	11:45a-1:00p Lap Swim (all lanes)	5:00p-5:45p Aqua Cardio Power	11:45a-1:00p Lap Swim (all lanes)		
	1:00p-2:00p Twinges In The Hinges	5:45p-7:30p Swim Lessons	1:00p-1:45p Twinges In The Hinges	5:45p-7:30p Swim Lessons	1:00p-2:00p Twinges In The Hinges		
	CLOSED 2:00p-4:00p	7:30p-8:30p Open/Lap Swim	1:45p-3:00p Lap Swim (all lanes)	7:30p-8:30p Open/Lap Swim	CLOSED 2:00p-4:00p		
	4:00p-5:00p Open/Lap Swim (3 lanes each)	CLOSED 8:30PM	3:00p-5:00p Open/Lap Swim (3 lanes each)	CLOSED 8:30PM	4:00p-8:30p Open/Lap Swim		
	5:00p-5:45p Deep End Aerobics		5:00p-5:45p Deep End Aerobics		CLOSED 8:30PM		
Birthday Parties Weekends between 2:00pm-4:00pm	5:45p-8:30p Open/Lap Swim (3 lanes each)		5:45p-7:30p Swim Lessons				
	CLOSED 8:30PM		7:30p-8:30p Open/Lap Swim				
			CLOSED 8:30PM				



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