



# Main Pool Schedule

Winter Session – January 11<sup>th</sup> – March 6<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Adult Lap Swim 5:30 – 9:00	Adult Lap Swim 5:30 – 9:00	Adult Lap Swim 5:30 – 9:00	Adult Lap Swim 5:30 – 9:00	Adult Lap Swim 5:30 – 9:00	Adult Lap Swim 7:00 – 9:00	Adult Lap Swim 12:00 – 1:00
	Fit & Swim 9:00 – 9:45	Fit & Swim 9:30 – 10:15	Fit & Swim 9:00 – 9:45	Special Needs Swim 9:00 – 11:00	Fit & Swim 9 – 9:45	Youth Swim Lessons 9:00 – 11:15 (5 lanes)	<b>Family Rec. Swim</b> <b>1:00 – 4:45</b>
	No Sweat 9:45 – 10:30	LGT 9:30 – 10:30 (2 lanes)	No Sweat 9:45 – 10:30	Senior Lap Swim 11:00 – 11:30 (3 lanes)	No Sweat 9:45 - 10:30	Open Lap Swim 11:30 – 6:15 (4 lanes)	<b>May share pools with rental parties.</b>
Senior Lap Swim 10:30 – 11:30 (3 lanes)	Senior Lap Swim 10:30 – 11:30 (3 lanes)	Senior Lap Swim 10:30 – 11:30 (3 lanes)	Children’s Crossing 11:00 – 11:30	Senior Lap Swim 10:30-11:30(3 lanes)	Adult Lap Swim 11:30 – 1:00	<b>Family Rec Swim</b> <b>11:30 – 6:15</b> <b>(2 lanes)</b>	<b>No Lap Lane available</b> <b>M thru F</b> <b>6:45 – 7:45</b> <b>Or</b> <b>Mon thru Thur</b> <b>4:00 – 5:30</b>
Rays 10:45-11:30	Adult Lap Swim 11:30 – 1:00	Adult Lap Swim 11:30 – 1:00	Adult Lap Swim 11:30 – 1:00	Fit & Swim 1:00 – 1:45	Riverview High School 2:00 – 3:00 (All Lanes) Jan 8 <sup>th</sup> – Feb 26 <sup>th</sup>	*****	
Adult Lap Swim 11:30 – 1:00	Rays 1:00-1:45	Fit & Swim 1:00 – 1:45	Starfish 1:45 – 2:30	Starfish 1:45 – 2:30	Barnstable High 2:30-4:00 (5 lanes)	<b>All times are subject to change daily.</b>	
Fit & Swim 1:00 – 1:45	Starfish 2:00-2:45	Rays 2:00-2:45	Rays 2:00-2:45	Rays 2:00-2:45	Rays 4-4:45	*****	<b>Only 1 Lap Lane</b> <b>Sat. 9:00 – 11:30</b>
Starfish 1:45-2:30	Barnstable High 2:30-4:00 (5 lanes)	Barnstable High 2:30-4:00 (5 lanes)	Barnstable High 2:30-4:00 (5 lanes)	Barnstable High 2:30-4:00 (5 lanes)	AfterSchool Rec Swim 4:45 – 5:30(2 lanes)		
Barnstable High 2:30-4:00 (5 lanes)	Youth Swim Lessons 4:00 – 5:30(All lanes)	Youth Swim Lessons 4:00 – 5:30(All lanes)	Youth Swim Lessons 4:00 – 5:30(All lanes)	<b>*Women’s Locker Room Closed for Additional Cleaning 1:00 – 1:45</b>	Challenged Youth 5:00 – 5:45		
Youth Swim Lessons 4:00 – 5:30(All lanes)	Adult Lap Swim 5:30 – 6:45 (MAKOS 3 lanes)	Adult Lap Swim 5:30 – 6:45 (MAKOS 3 lanes)	Adult Lap Swim 5:30 – 6:45 (MAKOS 3 lanes)	Youth Swim Lessons 4:00 – 5:30(All lanes)	Adult Lap Swim 5:00 – 5:45		
Adult Lap Swim (3 lanes) 5:30 – 6:45 (MAKOS 3 lanes)	Adult Lap Swim (3 lanes) 5:30 – 6:45 (MAKOS 3 lanes)	Adult Lap Swim (3 lanes) 5:30 – 6:45 (MAKOS 3 lanes)	Adult Lap Swim (3 lanes) 5:30 – 6:45 (MAKOS 3 lanes)	Adult Lap Swim (3 lanes) 5:30 – 6:45 (MAKOS 3 lanes)	Adult Lap Swim (2 lanes) 5:30 – 6:45 (MAKOS 3 lanes)		
MAKOS (All lanes) 6:45 – 7:45	MAKOS (All lanes) 6:45 – 7:45	MAKOS (All lanes) 6:45 – 7:45	MAKOS (All lanes) 6:45 – 7:45	MAKOS (All lanes) 6:45 – 7:45	MAKOS (All lanes) 6:45 – 7:45		
7:45-8:15 (4 lanes)	7:45-8:15 (4 lanes)	7:45-8:15 (4 lanes)	7:45-8:15 (4 lanes)	7:45-8:15 (4 lanes)	7:45-8:15 (4 lanes)		
8:15-8:45 (2 lanes)	8:15-8:45 (2 lanes)	8:15-8:45 (2 lanes)	8:15-8:45 (2 lanes)	8:15-8:45 (2 lanes)	8:15-8:45 (2 lanes)		
Adult Intermediate 7:45 – 8:30	Lap Swim (2 lanes) 7:45 – 8:45	Lap Swim (2 lanes) 7:45 – 8:45	Water Express 7:45 – 8:30 (1 lane)	MAKOS (All lanes) 6:45 – 7:45	MAKOS (All lanes) 6:45 – 7:45		
Lap Swim (1 lane) 7:45 – 8:45			Lap Swim (1 lane) 7:45 – 8:45	7:45-8:15 (4 lanes)	7:45-8:15 (4 lanes)		
				8:15-8:45 (2 lanes)	8:15-8:45 (2 lanes)		
					Water Express 7:45 – 8:30		
<b>FACILITIES CLOSE</b> <b>9:00 PM</b>	<b>FACILITIES CLOSE</b> <b>9:00 PM</b>	<b>FACILITIES CLOSE</b> <b>9:00 PM</b>	<b>FACILITIES CLOSE</b> <b>9:00 PM</b>	<b>FACILITIES CLOSE</b> <b>9:00 PM</b>	<b>FACILITIES CLOSE</b> <b>9:00 PM</b>	<b>FACILITIES CLOSE</b> <b>6:30 PM</b>	<b>FACILITIES CLOSE 5:00 PM</b>

**For the safety of our guests, children 9 & under and all non-swimmers must be accompanied in the water by a swimming adult.**