

~Day By Day at A Glance~

ORIGINAL POOL

MONDAY

6:30 - 8:30am Lap/Exercise
9:30 - 10:00am Day Care
10:00 - 10:45am Babies Instruction**
10:45 - 11:30am Tots Instruction^
11:30 - 12:30pm Lap/Exercise
1:00 - 2:00pm Northbridge Seniors
2:15 - 3:00pm Water Workout
3:00 - 3:45pm Arthritis Class
4:00 - 4:30pm Level 4 Instruction^
4:30 - 5:00pm Level 3 Instruction^
5:00 - 5:30pm Level 2 Instruction^
5:45 - 6:15pm Level 1 Instruction^\$
6:15 - 7:15pm Adult Swim Lessons\$
7:15 - 8:15pm Lite Pace Aqua Aerobics

TUESDAY

6:30 - 8:30am Lap/Exercise
8:30 - 9:15am SilverSplash*
10:00 - 10:45am Day Care
10:45 - 11:30am Water Workout
11:30 - 12:30pm Lap/Exercise
1:00 - 1:30pm Level 2 Instruction^
1:30 - 2:00pm Level 1 Instruction^
4:00 - 4:30pm Level 3 Instruction^
4:30 - 5:00pm Level 2 Instruction^
5:00 - 5:30pm Level 1 Instruction^
5:45 - 6:30pm Babies Instruction^\$
6:30 - 7:15pm Tots Instruction^\$
7:15 - 8:15pm Power Aqua Aerobics

WEDNESDAY

6:30 - 8:30am Lap/Exercise
9:00 - 9:30am Kindergarten Prep
9:30 - 10:00am Level 1 Instruction**
10:00 - 10:45am Tots Instruction**
10:45 - 11:30am Babies Instruction^
11:30 - 12:30pm Lap/Exercise
2:15 - 3:00pm Water Workout
3:00 - 3:45pm Arthritis Class
4:30 - 5:00pm Level 5& 6 Instruction^
5:00 - 5:30pm Level 1 Instruction^
5:45 - 6:15pm Specialty Class Level 2 (2/1-2/29)
6:30 - 7:00pm Specialty Class Level 1 (2/1-2/29)
5:45 - 7:15pm Lifesaving Badge^ (11/16-12/14) \$
5:45 - 7:15pm Aquanaut Cub Badge (1/4-1/25)
7:15 - 8:15pm Aqua Box & Tone *

THURSDAY

6:30 - 8:30am Lap/Exercise
9:15 - 10:00am Sutton School
10:00 - 10:45am Arthritis Class
10:45 - 11:30am Water Workout
11:30 - 12:30pm Lap/Exercise
1:15 - 3:15pm Children's Rehab
4:00 - 4:30pm Level 2 Instruction^
4:30 - 5:00pm Level 3 Instruction^
5:00 - 5:30pm Level 1 Instruction^
5:45 - 6:30pm Tots Instruction^\$
6:30 - 7:15pm Babies Instruction ^\$
7:15 - 8:15pm Deep Water Aqua Aerobics

FRIDAY

6:30 - 8:15am Lap/Exercise
8:15 - 9:00am Silver Splash
9:00 - 10:00am Aqua Interval Training*
10:00 - 11:30am Family Tyme Gym & Swim
11:30 - 12:30pm Lap/Exercise
6:00 - 7:00pm Yoqua
7:00 - 9:00pm Rentals available

SATURDAY

8:15 - 8:45am Level 6 & 5 Instruction^
8:45 - 9:15am Level 4 Instruction^
9:15 - 9:45am Level 3 Instruction^
9:45 - 10:15am Level 2 Instruction^
10:30 - 11:00am Level 1 Instruction^
11:00 - 11:45am Babies Instruction^
11:45 - 12:30pm Tots Instruction^
12:30 - 1:30pm Lap/Exercise
1:30 - 5:45pm Splash Parties^

SUNDAY:

1:00 - 3:45pm Splash Parties^
3:45 - 4:45pm Lite Pace Aqua Aerobics

COMPETITION POOL

MONDAY

5:30 - 9:30am Adult Lap Swim
9:30 - 10:30am Aqua Aerobics*
11:30 - 1:00pm Adult Lap Swim
2:30 - 4:00pm Open Rec Swim 2 lanes
2:45 - 4:15pm Northbridge Swim Team 4 lanes
4:00 - 5:00pm Adult Lap Swim 2 lanes
4:30 - 5:00pm Swim Team 4 lanes
5:00 - 7:00pm Swim Team - 6 lanes
7:00 - 7:30pm Swim Team 3 lanes
7:00 - 8:00pm Masters Program 3 lanes
7:30 - 9:15pm Lifeguarding
7:30 - 8:30pm Open Rec Swim
8:00 - 9:15pm Adult Lap Swim

TUESDAY

5:30 - 9:30am Adult Lap Swim (3 lanes 5:30)
5:30 - 6:30am Masters Swim Program^ 3 lanes
9:30 - 10:30am Alternatives
9:30 - 10:30am Water Fitness Aerobics*
11:30 - 1:00pm Adult Lap Swim
2:30 - 4:30pm Open Rec Swim 2 lanes
2:45 - 4:15pm Northbridge Swim Team 4 lanes
4:30 - 6:00pm Swim Team full pool
6:00 - 7:45pm Swim Team 2 lanes
6:00 - 8:30pm Open Rec Swim 2-4 lanes
6:00 - 9:15pm Adult Lap Swim

WEDNESDAY

5:30 - 9:30am Adult Lap Swim
9:30 - 10:30am Aqua Interval Aerobics*
9:30 - 10:45am Millbury
11:30 - 1:00pm Adult Lap Swim
2:30 - 4:30pm Open Rec Swim 2 lanes
2:45 - 4:15pm Northbridge Swim Team 4 lanes
4:30 - 7:00pm Swim Team Full Pool
7:00 - 7:30pm Swim Team 3 lanes
7:00 - 8:00pm Masters Program 3 lanes
7:30 - 8:30pm Open Recreation
7:30 - 9:15pm Lifeguard Training
8:00 - 9:15pm Adult Lap Swim

THURSDAY

5:30 - 9:30am Adult Lap Swim (3 lanes 5:30)
5:30 - 6:30am Masters Swim Program^ 3 lanes
9:30 - 10:30am Alternatives
9:30 - 10:30am Aqua Interval Aerobics * -
11:30 - 1:00pm Adult Lap Swim
2:30 - 4:00pm Open Rec Swim 2 lanes
4:00 - 4:30pm Adult Lap Swim 2 lanes
2:45 - 4:15pm Northbridge Swim Team 4 lanes
4:30 - 5:00pm Swim Team 5 lanes
5:00 - 6:30pm Swim Team 6 lanes
6:30 - 7:30pm Swim Team 4 lanes
6:30 - 8:30pm Open Rec Swim 2 lanes
7:30 - 9:15pm Adult Lap Swim

FRIDAY

5:30 - 9:30am Adult Lap Swim
11:30 - 1:00pm Adult Lap Swim
2:30 - 4:30pm Open Rec Swim 2 lanes
2:45 - 4:15pm Northbridge Swim Team 4 lanes
4:30 - 6:30pm Swim Team Full Pool
6:30 - 8:30pm Open Rec Swim
6:30 - 7:00pm Adult Lap Swim
8:30 - 9:15pm Adult Lap Swim

SATURDAY

6:00 - 8:30am Swim Team
8:30 - 9:30am Adult Lap Swim 3 lanes
8:15 - 9:30am Master's Swim Program 3 lanes
9:30 - 11:30am Open Rec Swim
9:30 - 11:30am Adult Lap Swim
11:30 - 12:30pm Adult Lap Swim
12:30 - 1:45pm Reserved for Splash Parties^
2:00 - 3:30pm Outreach Swim No Lap Lanes
3:30 - 4:45pm Reserved for Splash Parties^

SUNDAY

7:00 - 10:00am Swim Team
10:00 - 1:00pm Adult Lap Swim
1:00 - 4:30pm Open Rec Swim

^ Denotes Pre-Registration Required

* Denotes Babysitting Available - see pg. 7 for more information

§ Denotes Kidz Club Available - See pg. 6 for more information

AQUA AEROBICS

MONDAY

9:30 -10:30am Aqua Aerobics*

7:15 - 8:15pm Lite Pace Aqua Aerobics

TUESDAY

8:30 - 9:15am SilverSplash*

9:30 -10:30am Water Fitness Aerobics*

7:15 - 8:15pm Power Aqua Aerobics

WEDNESDAY

9:30 -10:30am Aqua Interval Aerobics*

7:15 - 8:15pm Aqua Box & Tone

THURSDAY

9:30 - 10:30am Aqua Interval Aerobics*

7:15 - 8:15pm Deep Water Aqua Aerobics

FRIDAY

8:15 - 9:00am SilverSplash

9:00 -10:00am Aqua Interval Training*

6:00 - 7:00pm Yoqua

SUNDAY

3:45 - 4:45pm Lite Pace Aqua Aerobics

CLASSES ARE SUBJECT TO CHANGE

* Denotes Babysitting Available - See pg. 7 for more information

§ Denotes Kidz Club Available - See pg. 6 for more information

Per Class Fee: Members -Free, Non-Members - \$8.00