

CHARLESTOWN AQUATIC CENTER POOL AND CLASS SCHEDULE



as of September 27, 2023

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM 7:00 AM 7:30 AM	С	LAP SWIM (3 Lap Lanes)	LAP SWIM (3 Lap Lanes)	LAP SWIM (3 Lap Lanes)	LAP SWIM (3 Lap Lanes)	LAP SWIM (3 Lap Lanes)	CLOSED
8:00 AM	L						
8:30 AM 9:00 AM	0	WALKING (Open Space)	WALKING (Open Space)	WALKING (Open Space)	WALKING (Open Space)	WALKING (Open Space)	LAP SWIM
9:30 AM	S						(3 Lap Lanes)
10:00 AM 10:30 AM	Е	Men's Class (10 - 10:45)	Water Arthritis (10 -11:00)		Water Arthritis (10 -11:00)	Men's Class (10 -10:45)	WALKING (Open Space)
11:00 AM	D	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
11:30 AM		and WALKING	and WALKING	and WALKING	and WALKING	and WALKING	
12:00 PM			CLOSED fo	or LUNCH	(12 NOO	N - 1 PM)	
1:00 PM	GUEST	WAT	ER AEROBIC	S1 - 2 Pľ	VI (RESIDENT	RUN)	
1:00 PM 2:00 PM	GUEST HOURS 12 - 4 PM and				•	*	
	HOURS 12 - 4 PM and 4:30 - 7 PM			S1 - 2 PI	•	*	GUEST
2:00 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM	LAP SV	VIM3		NES2	- 4 PM	GUEST HOURS
2:00 PM 2:30 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes) 12 - 4 PM and	LAP SV WALKI	VIM3 INGO	LAP LAI	NES2 .CE2	- 4 PM - 4 PM	HOURS 1 - 7 PM
2:00 PM 2:30 PM 3:00 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes)	LAP SV WALKI	VIM3 INGO	LAP LAN	NES2 .CE2	- 4 PM - 4 PM	HOURS
2:00 PM 2:30 PM 3:00 PM 3:30 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes) 12 - 4 PM and 4:30 - 7 PM	LAP SV WALKI	VIM3 INGO	LAP LAN	NES2 .CE2	- 4 PM - 4 PM	HOURS 1 - 7 PM LAP SWIM (3 Lap Lanes) 1 - 7 PM
2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes) 12 - 4 PM and 4:30 - 7 PM WALKING Open Space	LAP SV WALKI	VIM3 INGO	LAP LAN PEN SPA OURS	NES2 .CE2	- 4 PM - 4 PM	HOURS 1 - 7 PM LAP SWIM (3 Lap Lanes) 1 - 7 PM WALKING Open Space
2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes) 12 - 4 PM and 4:30 - 7 PM WALKING Open Space 12 - 4 PM and 4:30 - 7 PM	LAP SV WALKI	VIM3 INGO	LAP LAN PEN SPA OURS	NES2 CE2 2 - 4 PN	- 4 PM - 4 PM	HOURS 1 - 7 PM LAP SWIM (3 Lap Lanes) 1 - 7 PM WALKING
2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes) 12 - 4 PM and 4:30 - 7 PM WALKING Open Space 12 - 4 PM and 4:30 - 7 PM LIFEGUARD TAKES A BREAK	LAP SWIM (3 Lap Lanes) 5 - 8 PM	VIM3 INGO	LAP LAN PEN SPA OURS	NES2 CE2 2 - 4 PN LAP SWIM (3 Lap Lanes) 5 - 8 PM	- 4 PM - 4 PM	HOURS 1 - 7 PM LAP SWIM (3 Lap Lanes) 1 - 7 PM WALKING Open Space
2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 6:00 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes) 12 - 4 PM and 4:30 - 7 PM WALKING Open Space 12 - 4 PM and 4:30 - 7 PM LIFEGUARD TAKES a BREAK 4:00 - 4:30 PM	LAP SVIM (3 Lap Lanes)	VIM3 INGO	LAP LAN PEN SPA OURS	NES2 CE2 2 - 4 PN LAP SWIM (3 Lap Lanes)	- 4 PM - 4 PM 1	HOURS 1 - 7 PM LAP SWIM (3 Lap Lanes) 1 - 7 PM WALKING Open Space 1 - 7 PM
2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 6:00 PM	HOURS 12 - 4 PM and 4:30 - 7 PM LAP SWIM (3 Lap Lanes) 12 - 4 PM and 4:30 - 7 PM WALKING Open Space 12 - 4 PM and 4:30 - 7 PM LIFEGUARD TAKES A BREAK	LAP SWIM (3 Lap Lanes) 5 - 8 PM WALKING	VIM3 INGO	LAP LAN PEN SPA OURS	LAP SWIM (3 Lap Lanes) 5 - 8 PM WALKING	- 4 PM - 4 PM 1	HOURS 1 - 7 PM LAP SWIM (3 Lap Lanes) 1 - 7 PM WALKING Open Space

ALL GUESTS MUST BE ACCOMPANIED BY THEIR RESIDENT HOST/HOSTESS.

CHILDREN MUST BE POTTY TRAINED. NO DIAPERS ALLOWED IN POOL OR SPA FOR CHILDREN OR ADULTS.

SORRY, NO OPEN SWIM DURING CLASSES