

# CHARLESTOWN AQUATIC CENTER

## POOL AND CLASS SCHEDULE

*as of September 27, 2023*

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	CLOSED	LAP SWIM <i>(3 Lap Lanes)</i>	LAP SWIM <i>(3 Lap Lanes)</i>	LAP SWIM <i>(3 Lap Lanes)</i>	LAP SWIM <i>(3 Lap Lanes)</i>	LAP SWIM <i>(3 Lap Lanes)</i>	CLOSED
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM		WALKING <i>(Open Space)</i>	WALKING <i>(Open Space)</i>	WALKING <i>(Open Space)</i>	WALKING <i>(Open Space)</i>	WALKING <i>(Open Space)</i>	LAP SWIM <i>(3 Lap Lanes)</i>  WALKING <i>(Open Space)</i>
9:00 AM							
9:30 AM							
10:00 AM		Men's Class <i>(10 - 10:45)</i>	Water Arthritis <i>(10 - 11:00)</i>		Water Arthritis <i>(10 - 11:00)</i>	Men's Class <i>(10 - 10:45)</i>	
10:30 AM							
11:00 AM		LAP SWIM <i>and</i> WALKING	LAP SWIM <i>and</i> WALKING	LAP SWIM <i>and</i> WALKING	LAP SWIM <i>and</i> WALKING	LAP SWIM <i>and</i> WALKING	
11:30 AM							
12:00 PM	GUEST HOURS <i>12 - 4 PM and 4:30 - 7 PM</i> LAP SWIM <i>(3 Lap Lanes)</i> <i>12 - 4 PM and 4:30 - 7 PM</i> WALKING <i>Open Space 12 - 4 PM and 4:30 - 7 PM</i> LIFEGUARD <i>TAKES a BREAK 4:00 - 4:30 PM</i>	CLOSED for LUNCH <i>(12 NOON - 1 PM)</i>					GUEST HOURS <i>1 - 7 PM</i> LAP SWIM <i>(3 Lap Lanes)</i> <i>1 - 7 PM</i> WALKING <i>Open Space 1 - 7 PM</i>
1:00 PM		WATER AEROBICS.....1 - 2 PM <i>(RESIDENT RUN)</i>					
2:00 PM		LAP SWIM.....3 LAP LANES.....2 - 4 PM WALKING.....OPEN SPACE.....2 - 4 PM GUEST HOURS..... 2 - 4 PM					
2:30 PM							
3:00 PM							
3:30 PM		CLOSED					
4:00 PM		LAP SWIM <i>(3 Lap Lanes)</i> <i>5 - 8 PM</i> WALKING <i>(Open Space)</i> <i>5 - 8 PM</i>	CLOSED			CLOSED	
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		LAP SWIM <i>(3 Lap Lanes)</i> <i>5 - 8 PM</i> WALKING <i>(Open Space)</i> <i>5 - 8 PM</i>	CLOSED			CLOSED	
6:30 PM							
7:00 PM	CLOSED					CLOSED	
8:00 PM							

**ALL GUESTS MUST BE ACCOMPANIED BY THEIR RESIDENT HOST/HOESST.**

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

**SORRY, NO OPEN SWIM DURING CLASSES**

**PLEASE CONTACT THE FITNESS CENTER AT EXT. 8730 WITH ANY QUESTIONS YOU MAY HAVE**