

CHARLESTOWN AQUATIC CENTER

POOL AND CLASS SCHEDULE

as of November 7, 2025

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>	CLOSED	
7:00 AM		LAP SWIM <i>(3 Lap Lanes)</i>						
7:30 AM							LAP SWIM <i>(3 Lap Lanes)</i> WALKING <i>(Open Space)</i>	
8:00 AM			WALKING <i>(Open Space)</i>			WALKING <i>(Open Space)</i>		WALKING <i>(Open Space)</i>
8:30 AM								
9:00 AM		Men's Class <i>(9-9:45)</i> Lap Lanes Open						
9:30 AM								
10:00 AM			WATER ARTHRITIS <i>(10 -11:00)</i>	WALKING <i>(Open Space)</i>	WATER ARTHRITIS <i>(10 -11:00)</i>	Mens Class <i>(10 -10:45)</i>		
10:30 AM		LAP SWIM and WALKING	LAP SWIM <i>and</i> WALKING		LAP SWIM <i>and</i> WALKING	LAP SWIM <i>and</i> WALKING		
11:00 AM								
11:30 AM								
12:00 PM		CLOSED for LUNCH <i>(12 NOON - 1 PM)</i>						
1:00 PM	GUEST HOURS <i>12 - 4PM and 4:30 - 7PM</i> LAP SWIM <i>(3 Lap Lanes)</i> <i>12 - 4PM and 4:30 - 7PM</i> WALKING <i>Open Space 12 - 4PM and 4:30 - 7PM</i> LIFEGUARD <i>TAKES A BREAK 4:00 - 4:30PM</i>	WATER AEROBICS.....1 - 2 PM <i>(RESIDENT RUN)</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>	
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								
4:00 PM		CLOSED						
4:30 PM								
5:00 PM								
6:00 PM		LAP SWIM <i>(3 Lap Lanes) 6 - 8 PM</i>	CLOSED			LAP SWIM <i>(3 Lap Lanes) 6 - 8 PM</i>		CLOSED
6:30 PM		WALKING <i>(Open Space) 6 - 8 PM</i>				WALKING <i>(Open Space) 6 - 8 PM</i>		
7:00 PM	CLOSED		CLOSED		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