



# CHARLESTOWN AQUATIC CENTER

## POOL AND CLASS SCHEDULE

*as of January 1, 2026*



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

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

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