

WINTER POOL SCHEDULE

January 6 - February 14

Revised 1-21-20

BEED CENTER
swim + fitness

DAY	LAP POOL (#) equals lanes used for programs All 8 lanes open during non-program time	SHALLOW END (* equals 1/2 pool closed (**) equals entire pool closed	THERAPY POOL (* equals 1/2 pool closed (**) equals entire pool closed	DIVE WELL (* equals 1/2 pool closed (**) equals entire pool closed
MONDAY	5:45am – 7:00am Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4) 3:00pm – 5:00pm CCHS Swim(6) 5:00pm – 6:00pm Otters & Pre Otters(5) 6:00pm – 7:15pm Otters (5) 7:00pm – 8:00pm Adult Swim Lessons (1) 7:15pm - 8:45pm CCHS Swim(4)	9:00am – 11:00am LABBB* 11:00am – 12:00pm Rock 'N Roll**	10:00am – 10:30am Parent/Child* 10:30am – 11:00am Preschool 1* 10:30am – 11:30am LABBB* 2:15pm – 3:00pm Arthritis**	9:00am – 10:00am LABBB* 1:15pm – 2:00pm Deep Water Interval** 3:00pm – 5:00pm CCHS Swim** 5:30pm – 7:00pm Boston Area Diving** 7:15pm – 8:45pm CCHS Swim**
TUESDAY	5:45am – 7:30am United Swim Club (1) 9:30am - 10:45am Masters Swim (4) 12:00pm – 1:15pm Masters Swim (4) 2:30pm – 3:00pm Level 5 & 6 Swim Lessons (1) 3:00pm – 5:00pm CCHS Swim(6) 5:00pm – 5:30pm Level 5 & 6 Swim Lessons (1) 5:30pm – 6:00pm Level 4 Swim Lessons (1) 5:00pm – 6:00pm Otters(5) 6:00pm – 7:00pm Otters (5) 7:00pm – 8:15pm Masters Swim (4)	12:00pm – 1:00pm Shallow Water Workout** 2:00pm – 2:30pm Level 1&2 Swim Lesson* 2:00pm – 2:30pm Level 3 Swim Lesson* 3:30pm – 4:00pm Level 3 Swim Lesson* 4:00pm – 4:30pm Level 1&2 Swim Lesson* 4:30pm – 5:00pm Level 3 Swim Lesson* 5:30pm – 6:00pm Level 1&2 Swim Lesson*	10:15am – 11:00am Ai Chi** 1:15pm – 2:00pm Arthritis** 2:30pm – 3:00pm Preschool 2* 3:30pm – 4:00pm Preschool 1* 4:00pm – 4:30pm Preschool 3* 4:30pm – 5:00pm Preschool 2* 5:00pm – 5:30pm Preschool 3*	9:15am – 10:00am Deep Water Interval** 3:00pm – 5:00pm CCHS Swim** 5:00pm – 6:30pm Boston Area Diving** 6:30pm – 7:30pm Deep Water**
WEDNESDAY	5:45am – 7:00am Master Swim (5) 12:00pm – 1:15pm Intro to Masters(4) 3:00pm – 5:00pm CCHS Swim(6) 5:00pm – 6:00pm Otters & Pre Otters(5) 6:00pm – 7:15pm Otters (5) 7:15pm – 8:45pm CCHS Swim(4)	10:00am – 1:30am LABBB*	9:30am – 11:30am LABBB* 11:30am – 12:15pm Arthritis**	7:00am – 8:00am Deep Water** 10:15am – 11:00am Deep Water Interval** 11:00am – 12:00pm LABBB* 3:00pm – 5:00pm CCHS Swim** 5:30pm – 7:00pm Boston Area Diving** 7:15pm – 8:45pm CCHS Swim**
THURSDAY	5:45am – 7:30am United Swim Club (1) 9:30am – 10:45am Masters Swim (4) 12:00pm – 1:15pm Masters Swim (4) 3:00pm – 5:00pm CCHS Swim(6) 5:00pm – 6:00pm Otters(5) 6:00pm – 7:00pm Otters (5) 7:00pm – 8:15pm Masters Swim (4)	9:30am – 10:30am Shallow Water Workout**	10:00am – 10:30am Parent/Child* 10:30am – 11:00am Preschool 1* 11:00pm – 11:30pm Preschool 2* 1:15pm – 2:00pm Arthritis** 2:15pm – 3:00pm Py Yo Chi**	5:30pm – 7:00pm Boston Area Diving**
FRIDAY	5:45am – 7:00am Master Swim (5) 3:00pm – 5:00pm CCHS Swim(6) 4:30pm – 5:00pm Level 4 Swim Lessons (1) 5:00pm – 5:30pm Level 4 Swim Lessons (1) 5:00pm – 6:00pm Otters & Pre Otters(5) 6:00pm – 7:15pm Otters (5)	11:15am – 12:15am Shallow Water Workout** 4:00pm – 4:30pm Level 3 Swim Lesson* 4:30pm – 5:00pm Level 1 & 2 Swim Lesson* 5:00pm – 5:30pm Level 3 Swim Lesson* 5:30pm – 6:00pm Level 1 & 2 Swim Lesson*	10:15am – 11:00am Arthritis** 2:30pm – 3:00pm Preschool 1* 3:00pm – 3:30pm Preschool 2*	9:00am – 10:00am Deep Water** 3:00pm – 5:00pm CCHS Swim** 5:30pm – 7:00pm Boston Area Diving**
SATURDAY	7:00am – 8:30am CCHS Swim(5) 8:30am – 10:30am Typhon Swim Club (3) 10:30am – 11:00am Level 4 Swim Lessons (1) 11:30am – 12:00pm Level 5&6 Swim Lessons (1)	9:30am – 10:00am Level 1 & 2 Swim Lesson* 11:00am – 11:30am Level 1 & 2 Swim Lesson* 12:00pm – 12:30pm Level 3 Swim Lesson*	9:00am – 9:30am Parent/Child* 9:00am – 9:30am Preschool 3* 9:30am – 10:00am Preschool 1* 10:00am – 10:30am Preschool 2* 10:30am – 11:00am Parent/Child* 11:30am – 12:00am Preschool 1*	7:00am – 8:30am CCHS Swim** 9:00am – 10:30am Boston Area Diving** 10:30am – 11:15am Beginner Diving** 11:15am – 12:00pm Inter. Diving**
SUNDAY	10:30am – 12:30am Typhon Swim Club (3) 12:30pm – 1:15pm Adaptive Aquatics-Begin. (2) 1:30pm – 2:00pm Concord Challengers (4) 3:00pm – 4:00pm Otters & Pre Otters(5) 3:00pm – 5:15pm Otters (5)			9:30am – 10:15am Boot Camp**

POOL INFORMATION

GENERAL FACILITY HOURS

Monday-Friday 5:30am-9:00pm
Saturday-Sunday 7:00am-6:00pm

POOL CLOSING TIMES

Dive Well closes 30 minutes prior to facility closing time. Lap Pool, Therapy Pool and Childrens Play Pool close 15 minutes prior to facility closing.

LAP POOL

The # in parenthesis indicates the number of lanes used for programming. Please split lanes in half when sharing. Please see lifeguard about adding the temporary rope lane during busy times.

SHALLOW END, THERAPY POOL AND DIVE WELL

These pools are closed during the listed programming times.
Half the pool is available during times denoted by an asterisk (*)
The entire pool is closed during times denoted by a double asterisk (**)
Therapy Pool Adult Only Hours:
M-F 5:30am-2:00pm, Weekend/Holiday 7:00am-12:00pm

CHILDRENS PLAY POOL

The children's play pool is open to all. Features will be turned on at request of participant. During Water Fitness classes the features will remain off. Children must be accompanied/supervised by an adult at all times.

REGISTRATION INFORMATION

Winter Water Fitness Classes

Registration is still open and will be pro-rated, drop-in's welcome

Winter Swim Lessons

Classes are now closed

DROP-IN WATER FITNESS

Drop-in rates:

Member: \$10.00

Non-Member \$12.00

IMPORTANT DATES

PRIVATE LESSONS

Mon,Wed & Thu Year Round 3:00pm-7:00pm

OTTERS SWIM MEETS (ALL POOLS CLOSED DURING MEET)

Saturday	January 25	4:00pm
Saturday	February 8	4:00pm
Saturday	February 29	4:00pm

CCHS SWIM MEETS (ALL POOLS CLOSED DURING MEET)

Tuesday	January 28	6:00pm
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TYPHOONS SWIM CLUB (LAP POOL-3 LANES)

Saturday	January 25	8:30am-10:30am
	February 1, 15, 22, 29	
	March 7	
Sunday	January 26	10:30am-12:30pm
	February 2, 16, 23	
	March 1, 8	

STAY AND SWIM

Wednesdays	January 8-March 18	1:15pm-2:15pm
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NOTES

CCHS No Practice Dates: January 22, 23, 28