


# Aquatics Center Schedule



## Effective July 2018

POOL	MON	TUE	WED	THU	FRI	SAT	SUN
5:00am	Adult Time	Adult Time	Adult Time	Adult Time	Adult Time	6:30-8:00am Adult Time	6:30-9:00am Adult Time
8:00am	↓	↓	↓	↓	↓	<b>Aqua Fitness*</b>	↓
8:30am	Private Lessons	Private Lessons	Private Lessons	Private Lessons	↓	↓	↓
9:00am	<b>Aqua Fitness*</b>	↓	<b>Aqua Fitness*</b>	↓	<b>Aqua Fitness*</b>	Swim Lessons	Swim Lessons
10:00am	Swim Lessons		Private Lessons		Adult Time	↓	↓
11:00am	Family Time/Private	Family Time/Private	↓	Adult Time	↓	↓	↓
12:00pm	Adult Time	Adult Time	Adult Time	↓	↓	Family Time/Private	Private Lessons
1:00pm	↓	↓	↓	↓	↓	↓	Family Time/Private
2:00pm	↓	↓	↓	↓	↓	Adult Time	↓
2:30pm	Family Time	↓	Family Time	↓	Family Time	↓	↓
3:30 pm	↓	↓	↓	Private Lessons	Private Lessons	↓	↓
4:00pm	Private Lessons	Swim Lessons	Private Lessons	↓	Swim Lessons	Family Time	Adult Time
4:30pm	Swim Lessons	↓	Swim Lessons	Swim Lessons	↓	↓	↓
6:00pm	↓	↓	↓	↓	↓	Closed	Closed
6:30pm	↓	<b>Aqua Fitness</b>	↓	↓	↓	↓	↓
7:00pm	↓	↓	↓	↓	Family Time	↓	↓
7:15pm		↓	Family Time	↓	↓	↓	↓
7:30pm	↓	Family Time	↓	Family Time	↓	↓	↓
8:00pm	↓	↓	↓	↓	↓	↓	↓
8:15pm	Adult Time	↓	Adult Time	↓	↓	↓	↓
8:30-9:45 pm	↓	Adult Time	↓	Adult Time	Adult Time	↓	↓


250 Fauce Corner Road, Dartmouth • 508-999-2171

Center Hours: Weekdays 5:00am- 10:00pm / Weekends 6:30am- 6:00pm - Pool Hours: Weekdays 5:00am- 9:45pm / Weekends 6:30am- 5:45pm  
 Youth Activity Center Hours: Monday -Thursday 8:30am-12:00noon and 4:00- 7:00pm / Friday 8:30am-12:00noon / Saturday 8:00- 11:00am

**\*PLEASE NOTE: The Lap Lane will be closed for any Aquatics Class with 20 or more participants.**

# Aquatics Center Schedule



CLASSES	MON	TUE	WED	THU	FRI	SAT	SUN
8:00am						Aqua Fitness*	
9:00am	Aqua Fitness+		Aqua Fitness*		Aqua Fitness*		
10:00am							
11:00am							
6:30pm		Aqua Fitness*					
7:15pm							

## Aquatics Center Descriptions

- Adult Time – Use of pool for exercise, swimming and walking.
- Family Time – The Pools are open to the entire family.
- Aqua Arthritis - A gentle water class designed specifically for members with arthritis, chronic pain, or other joint injuries.  
(This class does not run July & August)
- Aqua Fitness – An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength and stamina.  
**The Lap Lane will be closed for any class with 20 or more participants.**
- Aqua Zumba – Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning and, most of all, exhilarating beyond belief! **The Lap Lane will be closed for any class with 20 or more participants.**
- Small Group Training - Trax Training lead by one of our Personal Trainers. **Lap Lane remains open for fitness.**
- Swim Lessons (Group & Private) – Organized instruction for an additional fee. **Lap Lane remains open for fitness; members should not interfere with swim lessons.**
- Pool Rentals – Organized group recreational time for an additional fee. **Lap Lane remains open for fitness.**
- **Therapy Pool** – Please see Therapy Pool Schedule for classes and Adult Time.