<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>5:00–8:55am Lap Swim (4)</td>
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<td>9:00–9:55am Water Fitness (3) Lap Swim (1)</td>
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<td>8:00–8:55am Lessons (1) Lap Swim (3)</td>
<td>8:00–8:55am Lessons (2) Lap Swim (2)</td>
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<td>10:00–10:45am Lessons (3) Lap Swim (1)</td>
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<td>2:00–4:00pm Open Swim (3) Lap Swim (1)</td>
<td>1:45–5:30pm Open Swim (3) Lap Swim (1)</td>
<td>1:45–1:25pm Open Swim (2) Lap Swim (2)</td>
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<td>3:30–6:30pm Lessons (2) Swim Team (2)</td>
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<td>7:30–8:30pm Water Fitness (3) Lap Swim (1)</td>
<td>6:30–8:00pm Swim Team (4)</td>
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<td>8:30–9:00pm Lap Swim (4)</td>
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**During fitness classes, we welcome adults to quietly use the opposite end for aqua jogging or therapy use.**
**POOL SAFETY RULES**

- **Follow all lifeguard directions.** They are responsible for the safety of all swimmers.
- **Showers are required immediately** before entering the pool. This is Massachusetts State law (and a good idea!)
- **Do not run** on the pool deck.
- Children swimming with flotation must be accompanied by an adult in the water and remain in the shallow end of the pool.
- **Children under 7** must be accompanied by an adult in the pool with an arm’s reach and in eye sight at all times regardless of swim ability.
- **Children under 18** must pass a swim test to use deep end of the pool. Lifeguard can Swim test anyone they feel is unsafe in the deep end.
- Only **swim diapers** are allowed in the pool.
- Swim bubbles, swim belts, and US coast Guard approved items are the **only flotation devices** allowed in the pool.
- **Bathing suit material must be worn.** No cut -offs.
- People with **open wounds, rashes or sores** are not allowed to swim.
- **Horseplay** is not allowed.
- **Kickboards, barbells ,flippers and other pool toys** are for swim lessons and Water Aerobics only.
- **Food, gum and glass** are not allowed on the pool deck.
- **Diving** is for the deep end only.

**OPEN SWIM ETIQUETTE**

- During Open Swim, swimmers must be accompanied by an adult age 7 years old or older.
- Children under 18 have to pass a swim test to use Deep end of Pool.
- Colored swim bands will be given out each day after the safety swim test is performed.
- Green band – Passed swim test; allowed to go in the deep end and make use of the diving board.
- Red Band - Shallow end swimmer only
- Swimmers who have not passed their swim test who are 10 years & under or shorter then 48” are required to wear a PFD unless accompanied by an adult.

**LAP SWIM ETIQUETTE**

- Lap swimmers must share lanes if there is not an open lane.
- Swimming should be in a circle-swim pattern, making a loop. This allows the maximum number of swimmers per lane (8).
- Please swim in designated lap swim areas only. Lanes are for those ages 14 and older unless given permission by director.
- Acknowledge and respect your fellow swimmers when you are sharing a lane.
- If you are swimming faster than someone you are sharing a lane with, gently tap their foot to let them know you are behind them, and then proceed to pass.
- Scheduled lap lanes will change on holidays, school early release or school vacations and inclement weather.
- Food, gum and glass are not allowed on the pool deck.