

Indoor Pool Schedule

January 26 - February 1, 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		5:30-11:00am		5:30-8:00am		9:00-11:00am		5:30-8:00am		7:00-8:00am		7:00-8:00am	
		Lap Swimming	5 lanes	Lap Swimming	5 lanes	Lap Swimming	5 lanes						
		11:00am-12:00pm		8:00-9:00am		11:00am-12:00pm		8:00-9:00am		8:00-9:00am		8:00-12:30pm	
		Water Fitness	3 lanes	Water Fitness	3 lanes	Water Fitness	3 lanes	Water Fitness	2 lanes	Water Fitness	3 lanes	Swim Lessons	3 lanes
		Lap Swimming	2 lanes	Lap Swimming	2 lanes	Lap Swimming	2 lanes	Lap Swimming	3 lanes	Lap Swimming	2 lanes	Lap Swimming	2 lanes
				9:00am-12:00pm				9:00am-12:00pm		9:00am-12:30pm		12:30-1:30pm	
				Lap Swimming	5 lanes			Lap Swimming	5 lanes	Swim Lessons	2 lanes	Swim Lesson	1 lane
										Lap Swimming	3 lanes	Lap Swimming	4 lanes
12:00-5:00pm		12:00-3:00pm		12:00-3:00pm		12:00-2:00pm		12:00-3:00pm					
Lap Swimming	5 lanes												
		3:00-4:30pm		3:00-4:30pm		3:00-4:00pm		3:00-4:30pm				1:30-3:30pm	
		Lap Swimming	5 lanes	Nashoba HS Swim	3 lanes	Lap Swimming	4 lanes	Nashoba HS Swim	3 lanes			Lap Swimming	5 lanes
				Lap Swimming	2 lanes	Swim Lesson	1 lane	Lap Swimming	2 lanes				
		4:30-5:00pm		4:30-5:00pm		4:00-5:00pm		4:30-6:30pm		12:30-4:30pm		3:30-5:30pm	
		Swim Lessons	1 lane	Swim Lessons	2 lanes	Lap Swimming	5 lanes	Swim Lessons	2 lanes	Lifeguard Recer	3 lanes	Waves Swim Team	
		Lap Swimming	4 lanes	Lap Swimming	3 lanes			Lap Swimming	3 lanes	Swim Lesson	1 lane	No Lap Swimming	
5:00-6:00pm		5:00-6:00pm		5:00-6:00pm		5:00-6:00pm				Lap Swimming	1 lane		
Lap Swimming	5 lanes	Swim Lessons	3 lanes	Swim Lessons	4 lanes	Swim Lesson	1 lane			Pool Closes		Pool Closes	
		Lap Swimming	2 lanes	Lap Swimming	1 lane	Lap Swimming	4 lanes			@ 4:30pm		@ 4:30pm	
6:00-8:30pm		6:00-8:30pm		6:00-8:30pm		6:00-8:30pm		6:30-8:00pm		**** All Lap Swimming is by reservation only through the App and is for those 14 and older only			
Lap Swimming	5 lanes	Waves Swim Team		Waves Swim Team		Waves Swim Team		Lap Swimming	5 lanes				
		No Lap Swimming		No Lap Swimming		No Lap Swimming							
Pool Closes @ 8:30pm		Pool Closes @ 8:30pm		Pool Closes @ 8:30pm		Pool Closes @ 8:30pm		Pool Closes @ 8:00pm		Unless preapproved by Aquatic Director ****			