

# NANTUCKET COMMUNITY POOL ~ PUBLIC LAP HOURS ~ JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/5  CLOSED SUNDAYS	1/6  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/7  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap w/ Family Swim 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1)	1/8  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap w/ Family Swim 4:00PM – 5:30PM  Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/9  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap w/ Family Swim 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1)	1/10  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/11  Adult Lap 7:00AM – 9:00AM 12:00PM – 1:00PM  Open Lap w/ Family Swim 1:00PM – 4:00PM  Open Lap 4:00PM – 5:00PBCM
1/12  CLOSED SUNDAYS	1/13  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/14  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  No Evening Lap or Family Swim Due to a Swim Meet  Swim Team - 6:00-7:15AM (1)	1/15  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap w/ Family Swim 4:00PM – 5:30PM  Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/16  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  No Evening Lap or Family Swim Due to a Swim Meet  Swim Team - 6:00-7:15AM (1)	1/17  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/18  Adult Lap 7:00AM – 9:00AM 12:00PM – 1:00PM  Open Lap w/ Family Swim 1:00PM – 4:00PM  Open Lap 4:00PM – 5:00PM
1/19  CLOSED SUNDAYS	1/20  POOL CLOSED IN OBSERVATION OF MARTIN LUTHER KING JR DAY	1/21  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap w/ Family Swim 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1)	1/22  Adult Lap 6:00AM – 1:00PM  No Evening Lap or Family Swim Due to a Swim Meet  Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/23  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  No Evening Lap or Family Swim Due to a Swim Meet  Swim Team - 6:00-7:15AM (1)	1/24  Adult Lap 6:00AM – 7:45AM 10:30AM – 12:30PM  Open Lap 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/25  Adult Lap 7:00AM – 9:00AM 12:00PM – 1:00PM  Open Lap w/ Family Swim 1:00PM – 4:00PM  Open Lap 4:00PM – 5:00PBCM
1/26  CLOSED SUNDAYS	1/27  Adult Lap 6:00AM – 7:45AM 9:30AM – 11:45PM  Open Lap 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/28  Adult Lap 6:00AM – 7:45AM 9:30AM – 11:45PM  No Evening Lap or Family Swim Due to a Swim Meet  Swim Team - 6:00-7:15AM (1)	1/29  Adult Lap 6:00AM – 7:45AM 9:30AM – 11:45PM  No Evening Lap or Family Swim Due to a Swim Meet  Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	1/30  Adult Lap 6:00AM – 7:45AM 9:30AM – 11:45PM  Open Lap w/ Family Swim 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1)	1/31  Adult Lap 6:00AM – 7:45AM 9:30AM – 11:45PM  Open Lap 4:00PM – 5:00PM  Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:30AM (2)	2/1  Adult Lap 7:00AM – 9:00AM 12:00PM – 1:00PM  Open Lap w/ Family Swim 1:00PM – 4:00PM  Open Lap 4:00PM – 5:00PM

**Adult Lap (18+ years old):** Adults swim in lane formations either by splitting the lane or circle swimming. One (1) lane is available for stationary exercise; maximum of Five (5) swimmers per lane

**Open Lap:** Competitive Youth Swimmers (8-17 years old) as well as Adults have access to lanes for Lap Swimming

**Family/Recreational Swim:** Youth & Families swim in a rec setting. Youths must meet minimum skill/age requirements. A parent/adult caregiver must be in the water with swimmers under the age of 6.

Jim Pignato, Aquatics Director ~ 508-228-7285 x1578 ~ [pignatoj@npsk.org](mailto:pignatoj@npsk.org) ~ [www.nantucketcommunityschool.org](http://www.nantucketcommunityschool.org)

Beau Garufi, Asst. Aquatics Director ~ 508-228-7285 x1362 ~ [garufib@npsk.org](mailto:garufib@npsk.org)