

# NANTUCKET COMMUNITY POOL ~ PUBLIC LAP HOURS ~ MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/3  CLOSED SUNDAYS	3/4  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2)	3/5  Adult Lap 6:00AM – 7:45AM 11:45AM – 1:00PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/6  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap w/ Family Swim 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2)	3/7  Adult Lap 6:00AM – 7:45AM 11:45AM – 1:00PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/8  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2)	3/9  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
3/10  CLOSED SUNDAYS	3/11  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2)	3/12  Adult Lap 6:00AM – 7:45AM 11:45AM – 1:00PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/13  Adult Lap 6:00AM – 1:00PM  Open Lap w/ Family Swim 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2) Aquacise – 9:30AM (2)	3/14  Adult Lap 6:00AM – 7:45AM 11:45AM – 1:00PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/15  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2)	3/16  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
3/17  CLOSED SUNDAYS	3/18  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2)	3/19  Adult Lap 6:00AM – 7:45AM 11:45AM – 1:00PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/20  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap w/ Family Swim 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2)	3/21  Adult Lap 6:00AM – 7:45AM 11:45AM – 1:00PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/22  Adult Lap 6:00AM – 7:45AM 11:45AM – 12:30PM  Open Lap 5:30PM – 7:00PM )  Hydrofitness – 7:00AM (2)	3/23  Adult Lap 7:00AM – 9:00AM  <b>NO PUBLIC HOURS</b> 12:00PM – 5:00PM  NANTUCKET DOLPHINS SWIM TEAM host the SEMSL CHAMPIONSHIPS
3/24  NANTUCKET DOLPHINS SWIM TEAM host the SEMSL CHAMPIONSHIPS	3/25  Adult Lap 6:00AM – 10:45AM 11:45AM – 12:30PM  Open Lap 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2) Aquacise – 9:30AM (2)	3/26  Adult Lap 6:00AM – 10:45AM 11:45AM – 12:30PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/27  Adult Lap 6:00AM – 10:45AM 11:45AM – 12:30PM  Open Lap w/ Family Swim 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2) Aquacise – 9:30AM (2)	3/28  Adult Lap 6:00AM – 9:00AM 11:45AM – 12:30PM  Open Lap w/ Family Swim 5:30PM – 7:00PM	3/29  Adult Lap 6:00AM – 12:15PM  Open Lap 5:30PM – 7:00PM  Hydrofitness – 7:00AM (2) Aquacise – 9:30AM (2)	3/30  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.