

NANTUCKET COMMUNITY POOL ~ PUBLIC LAP HOURS ~ OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9/29 CLOSED SUNDAYS	9/30 Adult Lap 6:00AM – 8:45AM 9:45AM – 1:00PM Open Lap 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:00AM (2)	10/1 Adult Lap 6:00AM – 8:00AM 9:45AM – 12:30PM Open Lap w/ Family Swim 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/2 Adult Lap 6:00AM – 8:00AM 8:45AM – 1:00PM Open Lap w/ Family Swim 4:00PM – 5:30PM Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/3 Adult Lap 6:00AM – 8:00AM 8:45AM – 9:45AM 10:45AM – 12:30PM Open Lap w/ Family Swim 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/4 Adult Lap 6:00AM – 8:00AM 8:45AM – 9:45AM 10:45AM – 1:00PM Open Lap 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/5 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
10/6 CLOSED SUNDAYS	10/7 Adult Lap 6:00AM – 8:45AM 9:45AM – 1:00PM Open Lap 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 10:00AM (2)	10/8 Adult Lap 6:00AM – 8:00AM 9:45AM – 12:30PM Open Lap w/ Family Swim 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/9 Adult Lap 6:00AM – 9:45AM 11:45AM – 12:30PM Open Lap w/ Family Swim 4:00PM – 5:30PM Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/10 Adult Lap 6:00AM – 10:45AM 11:45AM – 1:00PM Open Lap w/ Family Swim 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/11 Adult Lap 6:00AM – 1:00PM Open Lap 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/12 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
10/13 CLOSED SUNDAYS	10/14 POOL CLOSED COLUMBUS DAY	10/15 Adult Lap 6:00AM – 9:45AM 11:45AM – 1:00PM Open Lap w/ Family Swim 4:30PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/16 Adult Lap 6:00AM – 9:45AM 11:45AM – 12:30PM Open Lap w/ Family Swim 4:00PM – 5:30PM Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/17 Adult Lap 6:00AM – 10:45AM 11:45AM – 1:00PM Open Lap w/ Family Swim 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/18 Adult Lap 6:00AM – 10:45AM 11:45AM – 12:30PM Open Lap 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/19 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
10/20 CLOSED SUNDAYS	10/21 Adult Lap 6:00AM – 9:45AM 11:45AM – 12:30PM Open Lap 4:30PM – 5:30PM Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/22 Adult Lap 6:00AM – 9:45AM 11:45AM – 1:00PM Open Lap w/ Family Swim 4:30PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/23 Adult Lap 6:00AM – 1:00PM Open Lap w/ Family Swim 4:00PM – 5:30PM Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/24 Adult Lap 6:00AM – 10:45AM 11:45AM – 1:00PM Open Lap w/ Family Swim 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1)	10/25 Adult Lap 6:00AM – 10:45AM 11:45AM – 12:30PM Open Lap 4:00PM – 5:30PM Swim Team - 6:00-7:15AM (1) Hydrofitness – 7:00AM (2) Aquacise – 9:00AM (2)	10/26 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.

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