

NECC Winter 2022 Pool Schedule: Feb 28 - Apr 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6-8:35a	Lap Swim					7-8:15a	Lap Swim	Lap Swim
						8:15-9a		AquaLand (Gym) 8:15-9a
8:45-9:30	Water Workout (Unlimited) 8:45-9:30a					9a-1:45p	Swim Lessons	
9:25-10:30a	Water Workout (L) 9:35-10:20a	Core Power (UL) 9:30-10:00a	Water Workout (L) 9:35-10:20a	Core Power (UL) 9:30-10:00a	Water Workout (L) 9:35-10:20a			
10:30a-12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
12-12:45p	Swim Lessons	Pool Closed			Swim Lessons			
		Swim Lessons						
12:45-2:45pm	Lap Swim	Water Workout (L) 1:10-2:10p			Lap Swim			
		Pool Closed						
2:45-6:45p	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
6:45-7:45p		Lap Swim		Lap Swim				
7:45-8p		Pool Closed						
						Sunday		
						Closed All Day		
						Lap Swim, Water Workout (Limited / L) and Swim Lessons all require pre-registration.		
						Water Workout (Unlimited / UL) is the only activity on this schedule that does not require pre-registration.		
						Participants can pre-register online or contact the Front Desk.		