

MONDAY 5:30AM - 9:30PM	TUESDAY 5:30AM - 9:30PM	WEDNESDAY 5:30AM - 9:30PM	THURSDAY 5:30AM - 9:30PM	FRIDAY 5:30AM - 8:00PM	SATURDAY 7AM - 8:00PM	SUNDAY 7AM - 8:00PM
5:30am-8am Lap Swim (6)	5:30am-8am Lap Swim (6)	5:30am-8am Lap Swim (6)	5:30am-8am Lap Swim (6)	5:30am-8am Lap Swim (6)	7am-9am Lap Swim (6)	7am-9am Lap Swim (6)
8am-9am Lap Swim (6)	8am-9am Lap Swim (4) Water Ex (2)	8am-9am Lap Swim (6)	8am-9am Lap Swim (6)	8am-9am Lap Swim (4) Water Ex (2)	9am-10am Lap Swim (2) Water Ex (2) Lessons (2)	9am-10am Lap Swim (2) Water Ex (2) Lessons (2)
9am-10am Lap Swim (1) Water Ex (3) Lessons (2)	9am-10am Lap Swim (2) Water Ex (3) Lessons (1)	9am-10am Lap Swim (1) Water Ex (3) Lessons (2)	9am-10am Lap Swim (2) Water Ex (3) Lessons (1)	9am-10am Lap Swim (2) Water Ex (3) Lessons (1)	10am-1pm Lessons (6)	10am-1pm Lessons (6)
10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	10am-3pm Lap Swim (2) Open Swim (1) Lessons (3)	1pm-3pm Lap Swim (2) Open Swim (1) Lessons (3)	1pm-3pm Lap Swim (2) Open Swim (1) Lessons (3)
3pm-4pm Lessons (6)		3pm-5pm Open Swim (1) Lessons (5)		3pm-5pm Open Swim (1) Lessons (5)		3pm-6:30pm Lap Swim (2) Open Swim (2) Lessons (2)
4pm-5pm Open Swim (1) Lessons (5)	3pm-7pm Lessons (6)	5pm-7pm Lap Swim (1) Lessons (5)	3pm-7pm Lessons (6)	5pm-7pm Lap Swim (1) Lessons (5)	3pm-7pm Lap Swim (2) Open Swim (2) Lessons (2)	6:30pm-7pm Lessons (2) Swim Team (4)
5pm-6pm Lap Swim (1) Lessons (5)						
6pm-7pm Lessons (6)	7pm - 8pm Swim Team (4) Water Ex (2)	7pm - 8pm Swim Team (4) Water Ex (2)	7pm-8:30pm Lap Swim (2) Swim Team (4)	7pm - 8pm Swim Team (4) Water Ex (2)	7pm-8pm Lap Swim (6)	7pm-8pm Lap Swim (2) Swim Team (4)
7pm-8:30pm Lap Swim (2) Swim Team (4)	8pm - 8:30pm Swim Team (4) Lap Swim (2)	8pm - 8:30pm Swim Team (4) Lap Swim (2)				
8:30pm-9:30pm Lap Swim (6)	8:30pm-9:30pm Lap Swim (6)	8:30pm-9:30pm Lap Swim (6)	8:30pm-9:30pm Lap Swim (6)			



**Longfellow Wellesley**  
**Tennis & Health Club**



# INDOOR POOL SCHEDULE

Fall Schedule, Effective 9/3/25 - 9/30/25

Updated 9/9/25



# WATER EXERCISE SCHEDULE

*Fall Schedule, Effective 9/3/25 - 9/30/25*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am-9:00am Track Workout Jane			8am-9am Interval Training Jane/Rotating		
9am-10:00am Hydropower Sally	9am-10:00am Interval Training Sally	9am-10:00am Interval Training Jane	9am-10:00am Cardio-Core Technique Kai	9am-10:00am Hydropower Sally	9am- 10:00am Hydropower Laila/Kathleen	9am- 10:00am Hydropower Plus Core Laila/Kathleen
	7:00- 8:00pm Hydropower Kathleen	7:00- 8:00pm Move to the Music Kathleen		7:00-8:00pm Cardio-Core Technique Linda		

Our staff is a group of dedicated & spirited teachers.  
Each instructor has their own style of teaching. Every staff member is filled with a special enthusiasm for helping participants to feel motivated, energized & confident to work at an appropriate pace.

**Hydropower:** Enjoy this total-body, shallow & deep-water workout. The class includes a strong cardiovascular segment, modified for all levels of ability. Additional focus includes strength, core and flexibility training. This is done simultaneously for an effective & efficient class. Use of swim gloves, foam dumbbells, or noodles could be included to achieve these goals.

**“Pure Core”:** Additional focus includes core, total body muscle conditioning & flexibility - concentrating on the abdominal, back and oblique muscles that strengthen our core stability and posture .

**Cardio Core Technique:** A “Gentle Joints” class that concentrates on TechniqueL doing the exercise for optimum results. These classes include the use of noodles & other equipment, focusing on building a stronger core by strengthening back & abdominal muscles.

**Move to the Music:** A fun & effective workout where exercises are done to specific songs. After the warm up, there is an extensive cardio segment with the goal to work the entire body. The cool down will include core work and a full body stretch.

**Interval Training:** Get fit and have fun during this cardiovascular speed workout, modified for all levels of ability. The pace clock is utilized for timed intervals. This class includes a variety of exercises. Some of these movements are done as “resting exercises” for recovery in between intervals. Enjoy the benefits and increased variety with shallow & deep-water exercises.

**“Track” Workout:** This is a high intensity water “track workout” (utilizing the B.A.A weekly speed workouts). No need to be a runner to benefit from this class. All are welcome! NOTE: This runner’s class is designed to use the repetitive motion “running-stride”. This is different than our usual classes which include a variety of exercises.

**Gentle Joints:** This concept is woven into every class. We guide participants to work at their own pace. “Gentle Joints” is a reminder to set a more moderate pace. This approach allows for light resistance in the water. It’s incredibly effective for beginners, those with injuries, or anyone looking for a “recovery workout”.