

Longfellow Health Club Natick

Summer Pool Schedule - Effective June 22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Hours	5:00 am - 9:00 pm	5:00 am - 9:00 pm	5:00 am - 9:00 pm	5:00 am - 9:00 pm	5:00 am - 8:00 pm	7:00 am - 8:00 pm	7:00 am - 8:00 pm
Pool Hours	5:15 am - 7:30 pm	5:15 am - 7:30 pm	5:15 am - 7:30 pm	5:15 am - 7:30 pm	5:15 am - 7:30 pm	7:00 am - 7:30 pm	7:00 am - 7:30 pm
Open Swim	11am - 7:30 pm	11am - 7:30 pm	11am - 7:30 pm	11am - 7:30 pm	11am - 7:30 pm	9:30am - 7:30 pm	9:30am - 7:30 pm
Lap Lanes *(# available)*	5:15 am - 8:15am (6) 8:15am - 7pm (2)	5:15 am - 7:15am (6) 7:15am - 8:15am (3) 8:15am - 7pm (2)	5:15am - 8:15am (6) 8:15am - 7pm (2)	5:15 am - 8:15am (6) 8:15am - 7pm (2)	5:15am - 8:15am (6) 8:15am - 7:30 pm (2)	7am - 8am (6) 8am - 7:30pm (2-3)	7am - 8:30am (6) 8:30am - 7:30 pm (2-3)
Water Exercise *(# reserved)*	8:15am - 9:15am (4) 5:25pm - 6:25pm (2)	7:15am - 8:15am (3) 8:15am - 9:15am (4)	8:15am - 9:15am (4) 5:25pm-6:25pm (2)	8:15am - 9:15am (4)	8:15am - 9:15am (4) 6pm - 7pm (3)	8am - 9:15am (4)	8:30am - 9:30am (4) 9:30am - 10:30am (4)
Camp Swim	9:30am - 11am 1pm - 2:15pm	9:30am - 11am 1pm - 2:15pm	9:30am - 11am 1pm - 2:15pm	9:30am - 11am 1pm - 2:15pm	9:30am - 11am 1pm - 2:15pm		
Swim Lessons	9:30am - 11am (3)	9:30am - 11am (3)	9:30am - 11am (3)	9:30am - 11am (3)	9:30am - 11am (3)		
Swim Team	6:30pm - 7pm (2) 7pm - 7:45pm (5) 7:45pm - 9:30pm (6)	6:30pm - 7pm (2) 7pm - 7:45pm (5) 7:45pm - 9:30pm (6)	6:30pm - 7pm (2) 7pm - 7:45pm (5) 7:45pm - 9:30pm (6)	6:30pm - 7pm (2) 7pm - 7:45pm (5) 7:45pm - 9:30pm (6)			
Splash Pad Hours	9:30am - 7:30pm	9:30am - 7:30pm	9:30am - 7:30pm	9:30am - 7:30pm	9:30am - 7:30pm	9:30am - 7:30pm	9:30am - 7:30pm

Parentheses represent lap lanes in use

Free swim pool space is limited based on programing.

Adult swim will take place during the last 10 min of the hour up to lifeguard discretion.