Longfellow Health Club - Natick
Winter Pool Schedule - Updated 1-12-26

	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	10:30am - 7:30pm	10:30am - 7:30pm	10:30am - 7:30pm	10:30am - 7:30pm	10:30am - 7:30pm	9:30am - 7:30pm	10:30am - 7:30pm
Lap Lanes (# available)	5:15am - 9:30am (6) 9:30am - 5pm (2) 5pm - 7pm (1) 7pm - 8:05pm (2)	5:15am - 8:15am (6) 8:15am - 9:15am (3) 9:15am - 6:30pm (2)	5:15am - 8:30am (6) 8:30am - 9:30am (3) 9:30am - 5pm (2) 5pm - 7pm (1) 7pm - 8:05pm (2)	5:15am - 9:30am (6) 9:30am -5:30pm (2) 5:30pm - 6:30pm (1)	5:15am - 8:30am (6) 8:30am - 9:30am (3) 9:30am - 5pm (2) 5pm - 7pm (1)	7am - 8am (6) 8am - 7:30pm (2)	7am - 8:30am (6) 8:30am - 5:30pm (2) 5:30pm - 7:30pm (1)
Later at Longfellow	10:30am - 11:15am 3:30pm - 4pm	10:30am - 11:15am 3:30pm - 4pm	10:30am - 11:15am 3:30pm - 4pm	10:30am - 11:15am 3:30pm - 4pm	10:30am - 11:15am 3:30pm - 4pm		
Water Exercise - (lane #s available)	9:30am - 10:30am (4) 7:05pm - 8:05pm (4)	8:15am - 9:15am (3) 9:30am - 10:30am (4)	8:30am - 9:30am (3) 9:30am - 10:30am (4) 7:05pm - 8:05pm (4)	9:30am - 10:30am (4) 5:20pm - 6:20pm (2)	8:30am - 9:30am (3) 9:30am - 10:30am (4)	8am - 9:15am (4)	8:30am - 9:30am (4) 9:30am - 10:30am (4)
Group Lessons - Lanes Reserved	10:30am - 11:30am (1) 3:30pm - 4:30pm (2)	10:30am - 11:30am (1) 3:30pm - 5:15pm (2)	10:30am - 11:30am (1) 3:30pm - 4:30pm (2)	10:30am - 11:30am (1) 3:30pm - 5:15pm (2)		9:00am - 11:30am (3)	
Swim Team - Lanes Reserved	4:30pm - 5pm (2) 5pm - 7pm (4)	5:30pm - 6:30pm (2) 6:30pm - 7:30pm (5) 7:30pm - 8:30pm (6)	4:30pm - 5pm (2) 5pm - 7pm (4)	5:30pm - 6:30pm (2) 6:30pm - 7:30pm (5) 7:30pm - 8:30pm (6)	4:30pm - 5pm (2) 5pm - 7pm (4) 7pm - 8pm (5)		5:30 - 7:30pm (5) 7:30 - 8:30pm (6)

Parenthases represent available lap lanes per program
Free swim pool space is limited based on programing.