



**EMILSON YMCA**  
December 14th - December 20th

75 Mill Street  
Hanover, MA 02339  
(781) 829-8585

|            | SAT 14  | SUN 15  | MON 16  | TUE 17  | WED 18   | THU 19  | FRI 20  |
|------------|---|---|---|---|--|---|---|
| <b>5am</b> |   |   | <b>Whirlpool Open</b><br>Whirlpool<br>Open Swim<br>5am - 9:45pm | <b>Whirlpool Open</b><br>Whirlpool<br>Open Swim<br>5am - 9:45pm                         | <b>Whirlpool Open</b><br>Whirlpool<br>Open Swim<br>5am - 9:45pm    | <b>Whirlpool Open</b><br>Whirlpool<br>Open Swim<br>5am - 9:45pm                         | <b>Swim Team</b><br>Lap Pool<br>4 Lanes Available<br>5am - 6:30am         |
|            |   |   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>5am - 9am   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>5am - 5:30am                        | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>5am - 9am      | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>5am - 5:30am                        |   |
|            |   |   |   | <b>Masters Swim</b><br>Lap Pool<br>Pool Unavailable<br>5:30am - 6:30am                  |  | <b>Open Swim</b><br>Family Pool<br>5:30am - 8:30am                                      |   |
|            |   |   |   | <b>Open Swim</b><br>Family Pool<br>5:30am - 8:30am                                      |  | <b>Masters Swim</b><br>Lap Pool<br>Pool Unavailable<br>5:30am - 6:30am                  |   |
| <b>6am</b> | <b>Whirlpool Open</b><br>Whirlpool<br>Open Swim<br>6:30am - 7:45pm        |   |   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>6:30am - 8:30am                     | <b>Body Pump</b><br>Studio A<br>Lynda D<br>6am - 7am               | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>6:30am - 8:30am                     | <b>Tabata Circuit</b><br>Studio A<br>Pete C<br>6am - 7am                  |
|            | <b>Open Swim</b><br>Family Pool<br>6:30am - 8am                           |   |   |   |  |   | <b>Indoor Cycling Class</b><br>Cycling Studio<br>Joan W<br>6am - 7am      |
|            | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>6:30am - 8am          |   |   |   |  |   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>6:30am - 9:30am       |
| <b>7am</b> |   | <b>Open Swim</b><br>Family Pool<br>7am - 8:30am                         | <b>Open Swim</b><br>Family Pool<br>7am - 9:30am                 |   | <b>Open Swim</b><br>Family Pool<br>7am - 8am                       |   | <b>Open Swim</b><br>Family Pool<br>7am - 8:30am                           |
|            |   | <b>Lap Swim 6 Lanes Open</b><br>Lap Pool<br>7am - 9am                   |   |   |  |   |   |
|            |   | <b>Whirlpool Open</b><br>Whirlpool<br>Open Swim<br>7am - 5pm            |   |   |  |   |   |
| <b>8am</b> | <b>Swim Lessons</b><br>Family Pool<br>Beach Area Only<br>8am - 8:40am     | <b>Vinyasa Yoga</b><br>Studio C<br>Lynn G<br>8am - 9am                  |   | <b>AOA Aqua Flex</b><br>Family Pool<br>Pool Unavailable<br>8:30am - 9:25am              | <b>Aqua Core</b><br>Family Pool<br>Beach Area Only<br>8am - 8:55am | <b>AOA Aqua Flex</b><br>Family Pool<br>Pool Unavailable<br>8:30am - 9:25am              | <b>AOA Aqua Flex</b><br>Family Pool<br>Beach Area Only<br>8:30am - 9:25am |
|            | <b>Swim Lessons</b><br>Lap Pool<br>5 Lanes Available<br>8am - 11:45am     | <b>Swim Lessons</b><br>Family Pool<br>Pool Unavailable<br>8:30am - 12pm |   | <b>Swim Lessons/ Water Exercise</b><br>Family Pool<br>Pool Unavailable<br>8:30am - 12pm | <b>Express Ride</b><br>Cycling Studio<br>Dan R<br>8:15am - 8:45am  | <b>Aqua Core</b><br>Lap Pool<br>2 Lanes Available<br>8:30am - 9:25am                    | <b>Barre Pilates</b><br>Studio C<br>Emily M<br>8:45am - 9:45am            |
|            | <b>Swim Lessons</b><br>Family Pool<br>Pool Unavailable<br>8:40am - 1:20pm |   |   | <b>Aqua Core</b><br>Lap Pool<br>2 Lanes Available<br>8:30am - 9:25am                    |  | <b>Swim Lessons/ Water Exercise</b><br>Family Pool<br>Pool Unavailable<br>8:30am - 12pm |   |

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|------|---|---|--|---|---|---|--|
| 9am  |   | <b>Swim Lessons</b><br>Lap Pool<br>5 Lanes Available<br>9am - 11:15am         | <b>Masters Swim</b><br>Lap Pool<br>2 Lanes Available<br>9am - 10:15am        | <b>Fit 4 Life</b><br>Studio B<br>Lisa G<br>9am - 10am                                 | <b>Masters Swim</b><br>Lap Pool<br>2 Lanes Available<br>9am - 10:15am                               | <b>Fit 4 Life</b><br>Studio B<br>Lisa G<br>9am - 10am                               | <b>Aqua Fit</b><br>Family Pool<br>3 Lanes Available<br>9:15am - 10:10am    |
|      |   | <b>GRIT</b><br>Turf<br>Kelly/ Lynda<br>9am - 9:30am                           | <b>Swim Lessons</b><br>Family Pool<br>Beach Area Only<br>9:30am - 11:30am    | <b>Aqua Fit</b><br>Lap Pool<br>2 Lanes Available<br>9:30am - 10:25am                  | <b>Open Swim</b><br>Family Pool<br>9am - 9:30am   | <b>Aqua Fit</b><br>Lap Pool<br>2 Lanes Available<br>9:30am - 10:25am                | <b>Aqua Fit</b><br>Lap Pool<br>3 Lanes Available<br>9:30am - 10:25am       |
|      |   | <b>GRIT</b><br>Turf<br>Christine G<br>9:45am - 10:15am                        |  |   | <b>Swim Lessons/<br/>Partnership Program</b><br>Family Pool<br>Pool Unavailable<br>9:30am - 12:30pm |   | <b>Swim Lessons</b><br>Family Pool<br>Pool Unavailable<br>9:30am - 11:15am |
| 10am |   |   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>10:15am - 11:30am        | <b>Aqua Flex</b><br>Family Pool<br>Pool Unavailable<br>10:30am - 11:30am              | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>10am - 10:30am                                  | <b>Partnership/ Lap<br/>Swim</b><br>Lap Pool<br>4 Lanes Available<br>10:30am - 12pm | <b>Aqua Zumba</b><br>Lap Pool<br>2 Lanes Available<br>10:30am - 11:25am    |
|      |   |   | <b>AOA Aqua Flex</b><br>Family Pool<br>Pool Unavailable<br>10:30am - 11:25pm | <b>Partnership/ Lap<br/>Swim</b><br>Lap Pool<br>4 Lanes Available<br>10:30am - 12pm   | <b>Aqua<br/>Zumba/Partnership</b><br>Lap Pool<br>1 Lane Available<br>10:30am - 11:25am              | <b>Aqua Flex</b><br>Family Pool<br>Pool Unavailable<br>10:30am - 11:30am            |  |
| 11am |   | <b>Lap Swim/ Red Cross</b><br>Lap Pool<br>4 Lanes Available<br>11:15am - 12pm | <b>Aqua Zumba</b><br>Lap Pool<br>2 Lanes Available<br>11:30am - 12:30pm      |   | <b>AOA Aqua Flex</b><br>Family Pool<br>Pool Unavailable<br>11:30am - 12:30pm                        | <b>Joyful Movement</b><br>Studio B<br>Laurie .<br>11am - 12pm                       | <b>Open Swim</b><br>Family Pool<br>11:15am - 3:50pm                        |
|      |   |   | <b>Open Swim</b><br>Family Pool<br>11:30am - 4pm                             |   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>11:30am - 4pm                                   |   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>11:30am - 4pm          |
| 12pm | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>12pm - 7:45pm | <b>Waverunners/ARC</b><br>Lap Pool<br>4 Lanes Available<br>12pm - 1pm         | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>12:30pm - 4pm            | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>12pm - 12:45pm                    | <b>Chair Yagalates</b><br>Studio B<br>Kerry D<br>12pm - 12:45pm                                     | <b>Partnership<br/>Program/ Open Swim</b><br>Family Pool<br>12pm - 3pm              |  |
|      |   | <b>Open Swim &amp;<br/>Lessons</b><br>Family Pool<br>12pm - 1pm               |  | <b>Partnership<br/>Program/ Open Swim</b><br>Family Pool<br>12pm - 2:30pm             | <b>Lap Swim/ Red Cross</b><br>Lap Pool<br>2 Lanes Available<br>12pm - 3pm                           | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>12pm - 4pm                      |  |
|      |   |   |  | <b>Partnership/ Lap<br/>Swim</b><br>Lap Pool<br>5 Lanes Available<br>12:45pm - 1:30pm | <b>Partnership<br/>Program/ Open Swim</b><br>Family Pool<br>12:30pm - 3pm                           |   |  |
| 1pm  | <b>Open Swim</b><br>Family Pool<br>1:20pm - 2:30pm                | <b>Lap Swim/ Red Cross</b><br>Lap Pool<br>4 Lanes Available<br>1pm - 5:30pm   |  | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>1:30pm - 4pm                      | <b>Pilates</b><br>Studio C<br>Eva P<br>1pm - 2pm  |   |  |
|      |   | <b>Inclusion Open Swim</b><br>Family Pool<br>Pool Unavailable<br>1pm - 2pm    |  |   |   |   |  |

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| 2pm | <b>Birthday Party Rental</b><br>Family Pool<br>Pool Unavailable<br>2:30pm - 3:30pm | <b>Birthday Party Rental</b><br>Family Pool<br>Pool Unavailable<br>2pm - 3pm |  | <b>Swim Lessons/ Partnership Program</b><br>Family Pool<br>Pool Unavailable<br>2:30pm - 3:30pm |   |   |  |
| 3pm | <b>Family Swim</b><br>Family Pool<br>3:30pm - 6:30pm                               | <b>Family Swim</b><br>Family Pool<br>3pm - 5:30pm                            |  | <b>Swim Lessons</b><br>Family Pool<br>Pool Unavailable<br>3:30pm - 6pm                         | <b>Open Swim</b><br>Family Pool<br>3pm - 3:45pm                       | <b>Open Swim</b><br>Family Pool<br>3pm - 3:45pm                       | <b>Swim Lessons</b><br>Family Pool<br>Pool Unavailable<br>3:50pm - 5pm |
|     |  |  |  |  | <b>Swim Lessons</b><br>Family Pool<br>Beach Area Only<br>3:45pm - 6pm | <b>Swim Lessons</b><br>Family Pool<br>Beach Area Only<br>3:45pm - 6pm |  |
| 4pm |  |  | <b>Swim Team</b><br>Lap Pool<br>1 Lane Available<br>4pm - 6:30pm     | <b>Swim Team</b><br>Lap Pool<br>1 Lane Available<br>4pm - 6pm                                  | <b>Swim Team</b><br>Lap Pool<br>1 Lane Available<br>4pm - 6:30pm      | <b>Swim Team</b><br>Lap Pool<br>1 Lane Available<br>4pm - 6pm         | <b>Swim Team</b><br>Lap Pool<br>4 Lanes Available<br>4pm - 6pm         |
|     |  |  | <b>Swim Lessons</b><br>Family Pool<br>Beach Area Only<br>4pm - 6pm   |  |   |   |  |
| 5pm |  |  | <b>Tabata Circuit</b><br>Studio A<br>Kelly H<br>5pm - 5:30pm         |  |   | <b>Yoga</b><br>Studio C<br>Kerry D<br>5pm - 6pm                       | <b>Family Swim</b><br>Family Pool<br>5pm - 8pm                         |
| 6pm | <b>Open Swim</b><br>Family Pool<br>6:30pm - 7:30pm                                 |  | <b>Family Swim</b><br>Family Pool<br>6pm - 7pm                       | <b>Family Swim</b><br>Family Pool<br>6pm - 7pm   | <b>Family Swim</b><br>Family Pool<br>6pm - 7pm                        | <b>Family Swim</b><br>Family Pool<br>6pm - 7pm                        | <b>Swim Team</b><br>Lap Pool<br>1 Lane Available<br>6pm - 7pm          |
|     |  |  | <b>Swim Team</b><br>Lap Pool<br>4 Lanes Available<br>6:30pm - 7:30pm | <b>Swim Team</b><br>Lap Pool<br>2 Lanes Available<br>6pm - 7pm                                 | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>6:30pm - 9:45pm   | <b>Swim Team</b><br>Lap Pool<br>2 Lanes Available<br>6pm - 7pm        |  |
| 7pm |  |  | <b>Open Swim</b><br>Family Pool<br>7pm - 9:30pm                      | <b>Swim Lessons</b><br>Family Pool<br>Beach Area Only<br>7pm - 8pm                             | <b>Open Swim</b><br>Family Pool<br>7pm - 9:30pm                       | <b>Swim Lessons</b><br>Family Pool<br>Beach Area Only<br>7pm - 8pm    | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>7pm - 9:45pm       |
|     |  |  | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>7:30pm - 9:45pm  | <b>Aqua Core</b><br>Lap Pool<br>1 Lane Available<br>7:10pm - 8:05pm                            |   | <b>Aqua Core</b><br>Lap Pool<br>1 Lane Available<br>7:10pm - 8:05pm   |  |
| 8pm |  |  |  | <b>Open Swim</b><br>Family Pool<br>8pm - 9:30pm  |   | <b>Open Swim</b><br>Family Pool<br>8pm - 9:30pm                       | <b>Open Swim</b><br>Family Pool<br>8pm - 9:30pm                        |
|     |  |  |  | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>8:05pm - 9:45pm                            |   | <b>Lap Swim</b><br>Lap Pool<br>6 Lanes Available<br>8:05pm - 9:45pm   |  |

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