

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Pool Opens at 7:00 AM	Pool Opens at 8:00 AM	
7:00 AM	Open Exercise 7:00-8:00 AM	Open Exercise** 7:00-9:00 AM	Open Exercise 7:00-9:00 AM	Open Exercise** 7:00-9:00 AM	Open Exercise 7:00-9:00 AM	Open Exercise 7:00-9:00 AM		
7:30 AM								
8:00 AM	Burdenko H2O 8:00-8:45 AM	Burdenko H2O 9:00-9:45 AM	AQUAFIT 9:00-9:45 AM	Burdenko H2O 9:00-9:45 AM	AQUAFIT 9:00-9:45 AM	Water INTERVAL 9:00-9:45 AM	Open Exercise 8:00-10:00 AM	
9:00 AM	AQUAFIT 9:00-9:45 AM							
10:00 AM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-1:00 PM	Burdenko H2O 10:00-10:45 AM	
11:00 AM							Lap Swim 11:00 AM-12:00 PM	
12:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 1:00-3:30 PM	Family Swim* 12:00-2:00 PM	
1:00 PM	Open Exercise 1:00-7:15 PM	Open Exercise 1:00-6:30 PM	Open Exercise 1:00-4:30 PM	Open Exercise 1:00-6:30 PM	Open Exercise 1:00-4:30 PM		Pool Closes at 3:30 PM	Mashpee Rec Swim Lessons & Limited Open Exercise 2:00-3:30 PM
2:00 PM								
3:30 PM						Pool Closes at 3:30 PM		Pool Closes at 3:30 PM
4:30 PM								
5:30 PM	POWER Water 6:30-7:15 PM	Open Exercise 5:15-7:30 PM	Cardio H2O 6:30-7:15 PM	Open Exercise 5:15-7:15 PM	Open Exercise 5:15-7:15 PM	www.mashpeefitness.com		
6:30 PM								
7:15 PM	Lap Swim 7:15-8:30 PM	Lap Swim 7:15-8:30 PM	Private Swim Clinic 7:30-8:30 PM	Lap Swim 7:15-8:30 PM	Lap Swim 7:15-8:30 PM	*Family Swim-\$10 per non-member Kindergarteners & older. All children must be accompanied by an adult.		
8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM			
						**There is Group Training in the pool Tues/Thurs 8-9am.		
						The pool is open but space may be limited.		
						508-477-6128		