



# Pool Schedule



Effective May 1

POOL	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am						7:00-10:00am Adult Lap Swim	
8:00am				8:00-11:00am Pool Cleaning			8:00-11:00am Adult Lap Swim
10:00am							11:00am- 12:30pm Swim Lessons
11:00am							1:00-4:30pm Family Swim Birthday Parties
12:00pm						12:00-5:30pm Family Swim Birthday Parties	
5:30pm			5:30-7:30pm Swim Lessons				

155 Ashley Ave, West Springfield 01089 (413)781-0181 [www.healthtrax.com](http://www.healthtrax.com)

Center Hours Monday – Thursday 5:00am - 10:00pm Friday 5:00am - 9:00pm Saturday 7:00am - 6:00pm Sunday 8:00am - 5:00pm

Youth Activity Center Hours Monday – Thursday 9:00am - 1:00pm 4:30pm - 8:00pm Friday 9:00am - 1:00pm 4:30pm - 7:30pm

Saturday 9:00am - 12:30pm