



# Aquatics Center Schedule



## Healthtrax Fitness & Wellness – Bristol, CT

at the **Bristol Hospital Wellness Center**  
 842 Clark Avenue  
 Bristol, CT 06010  
**860-583-1843**  
[www.healthtrax.com](http://www.healthtrax.com)

**Pool Hours:**  
**Monday - Thursday** 5:00 am - 9:45 pm  
**Friday** 5:00 am - 8:45 pm  
**Saturday & Sunday** 7:00 am - 4:45 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Open Swim</b> 5:00-7:15 am	<b>Open Swim</b> 5:00-9:15 am	<b>Open Swim</b> 5:00-7:15 am	<b>Open Swim</b> 5:00-9:15 am	<b>Open Swim</b> 5:00-7:15 am	<b>Open Swim</b> 7:00-8:30 am	<b>Open Swim</b> 7:00-12:00 pm
<b>Aqua Fitness</b> 7:15-8:15 am		<b>Aqua Fitness</b> 7:15-8:15 am		<b>Aqua Fitness</b> 7:15-8:15 am	<b>Swim Lessons</b> 8:30am-12:00pm	
<b>Open Swim</b> 8:15-9:15 am		<b>Open Swim</b> 8:15-9:15 am		<b>Open Swim</b> 8:15-9:00 am		
<b>Aqua Fitness</b> 9:15-10:15 am	<b>Aqua Fitness</b> 9:15-10:00 am	<b>Aqua Fitness</b> 9:15-10:15 am	<b>Aqua Fitness</b> 9:15-10:15 am	<b>Aqua Fitness</b> 9:00-9:55 am		
<b>Open Swim</b> 10:15 am-11:00 am	<b>Open Swim</b> 10:15 am-11:30 am	<b>Adult Swim</b> 10:15 am-1:30 pm	<b>Open Swim</b> 10:15 am-11:30 am	<b>Open Swim</b> 9:55 am-11:15 am		
<b>Pool Closed Maintenance</b> 11:00 am-12:00 pm	<b>Aqua Arthritis</b> 11:30am-12:30pm	<b>SPA Closed Maintenance</b> 12:00 pm-4:00 pm	<b>Aqua Arthritis</b> 11:30am-12:30pm	<b>Adult Swim</b> 11:15am-12:00 pm (only 2 lane lines)	<b>Open Swim/ Birthday Parties</b> 12:00-4:45 pm	<b>Open Swim/ Birthday Parties</b> 12:00-4:45 pm
<b>Adult Swim</b> 12:00 pm-1:30 pm	<b>Physical Therapy</b> 1:00-3:00 pm (pool closed)		<b>Physical Therapy</b> 1:00-3:00 pm (pool closed)	<b>Adult Swim</b> 12:00 pm-1:30 pm		
<b>Open Swim</b> 1:30-6:00 pm	<b>Open Swim</b> 3:00-5:30 pm	<b>Open Swim</b> 1:30-6:00 pm	<b>Open Swim</b> 3:00-5:00 pm	<b>Open Swim</b> 1:30 -4:00 pm		
	<b>Swim Lessons</b> 5:30-8:00 pm		<b>Swim Lessons</b> 5:30-7:30 pm	<b>Swim Lessons</b> 4:00-6:00 pm		
<b>Aqua Fitness</b> 6:00-7:00 pm		<b>Aqua Fitness</b> 6:00-7:00 pm		<b>Adult Swim</b> 6:00-7:00 pm (adults only, please)		
<b>Kidz J.A.W.S.</b> 7:00-7:45 pm						
<b>Open Swim</b> 7:45-9:45 pm	<b>Open Swim</b> 8:00-9:45 pm	<b>Open Swim</b> 7:00-9:45 pm	<b>Open Swim</b> 7:00-9:45 pm	<b>Open Swim</b> 7:00-8:45 pm		