

Aquatics Class Schedule

Effective September 2022, Healthtrax West Springfield

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
5am-8am	Reservation Only	Reservation Only	Reservation Only	Reservation Only	Reservation Only		
9:00am	Reservation Only	Reservation Only	Reservation Only	Closed Pool Service 8:30am-10:30am	Reservation Only		
10:00am	Aqua Fit Class 10:00am-11:00am	Swim Lessons 9:45am-10:45am	Aqua Fit Class 10:00am-11:00am		Aqua Fit Class 10:00am-11:00am	Aqua Fit Class 10:00am-11:00am	
11:00am							
12:00pm-12:30pm							
1:00pm-4:00pm							
4:30pm							
5:00pm-7:00pm		Aqua Fit Class 5:30pm-6:30pm	Swim Lessons 4:00-7:30pm	Aqua Fit Class 5:30pm-6:30pm	Swim Lessons 4:30pm-6:30pm		
7:00pm-8:30pm							

** During Swim Lessons: 2 lanes (marked) by reservation only**

During Aqua Fit classes: pool open to class participants only

Reservation Only - Adults Only, 4 lanes by reservation only

**Open swim – 2 lanes (marked) by reservation AND
2 lanes (marked) open swim- (no reservations or occupancy limits, two or more
people may occupy the same lane) **