



Children's fee must be paid from birth - 17 years.

Senior Citizen rates are for those 55 and over as well as participants with a disability with suitable documentation.

Lap swim may be impacted from time to time for regularly scheduled swim meets.

Proof of age must be shown when ticket or passes are purchased. MBTA CARD, MA Drivers License or ID accepted.

A couple constitutes two people living at the same address. Proof must be shown by both participants.

To purchase a family ticket all family members must have proof they live at the same address.

To receive the resident rate on any activity proof of residence must be shown. Proof of residence is a valid MA Drivers License or ID, utility bill, or rent receipt. This is all that will be accepted.

Please be aware that our pool is a shared space and this schedule may shift as needed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult AM Lap Swim 6:15-7:30 am		Adult AM Lap Swim 6:15-7:30 am		Adult AM Lap Swim 6:15-7:30 am	The Cambridge Program 8-10am	Cambridge Synchro 11:45-1:15pm
Senior Aqua 3:30-4:30 pm		Senior Aqua 3:30-4:30 pm		Senior Aqua 3:30-4:30 pm	Cambridge Swans 8 - 11am	Sea Dawgs 11:45-1:15pm
	Adult Lap Swim 5:15 -6:30 pm	Aqua Zumba 5:30 -6:15 pm	Adult Lap Swim 5:15 -6:30 pm	Family Swim 5:30 8:30 pm (lap pool not available)	Children's Swim Lessons 10am -2pm	Family Swim 1:30 - 4:30pm
Sea Dawgs 5:30- 7:30 pm	Family Swim 5:15 - 6:30 pm (lap pool not available)	Sea Dawgs 5:30 - 7:30pm Cambridge Swans 7:15-8:30 pm	Family Swim 5:15 - 6:30 pm (lap pool not available)	Adult Lap Swim 5:30 -6:15 pm 7:15-8:45 pm	Sea Dawgs 12-1:30 pm	Adult Lap Swim 1:30 - 4:45pm
Aqua Aerobics 6:30-7:30 pm		Aqua Aerobics 6:30-7:30 pm		Sea Dawgs 6:15 - 7:15pm	Family Swim 2 - 4:30pm	Birthday Parties 1:30 - 3:30 pm
Adult swim Lesson 6:30 - 7:15pm 7:30 - 8:15pm	Masters Swim 6:45-8:00 pm	Adult Lap Swim 7:30- 8:45 pm	Masters Swim 6:45-8:00 pm	Birthday Parties 5:30 -7:30 pm	Adult Lap Swim 2 - 4:45pm	
Adult Lap Swim 7:30 -8:45 pm	Cambridge Synchro 6:30 - 9:00 pm	Adult Swim Lesson 6:30 - 7:15pm 7:30 - 8:15pm	Cambridge Swans 6:30 - 9:00 pm		Birthday Parties 2:15- 3:30pm	

