

## W.C.C. LAP POOL SCHEDULE: FEB 23rd - MARCH 15th, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:25am Adult Lessons (3) 8-8:30am	CLOSED	CLOSED
Water Aerobics (0) 8:30 - 9:30 AM	Water Aerobics (0) 8:30 - 9:30 AM	Water Aerobics (0) 8:30 - 9:30 AM	Water Aerobics (0) 8:30 - 9:30 AM GSB/RICH 9:30-10AM (4)	Water Aerobics (0) 8:30 - 9:30 AM		
Lap Swim (5) 9:35 - 1:00 PM	Lap Swim (5) 9:35 - 12:00 PM RSU 40 (4) 12-1PM	Lap Swim (5) 9:35 - 1:00 PM	Lap Swim (5) 10 - 12:00 PM RSU 40 (4) 12-1PM	Lap Swim (5) 9:35 - 12:55 PM	SWIM LESSONS (4) 8:15-10:00 AM	CLOSED
<b>CLOSED</b> <b>1:00-2:30 PM</b>	<b>CLOSED</b> <b>1:00-2:30 PM</b>	<b>CLOSED</b> <b>1:00-2:30 PM</b>	<b>CLOSED</b> <b>1:00-2:30 PM</b>	<b>CLOSED</b> <b>12:55-2:30 PM</b> <b>WES LESSONS</b>	Lap Swim (5) 10:00 - 4:00 PM	Lap Swim (4) 1:00-5:00pm
Lap Swim (6) 2:30 - 4:00 PM	Lap Swim (4) 2:30 - 4:15 PM	Lap Swim (6) 2:30 - 4:00 PM	Lap Swim (5) 2:30 - 3:30 PM LESSONS (3) 3:30-4:15pm	Lap Swim (6) 2:30 - 4:00 PM		
WCCU (0) 4:00-5:00 PM	LESSONS (2) 4:15 - 5:00 PM	WCCU (0) 4:00-5:00 PM	Lap Swim (5) 4:15-5pm	WCCU (0) 4:00-5:00 PM		
HIGH SCHOOL (0) 5:00-6:00PM	HIGH SCHOOL (0) 5:00-6:00PM	HIGH SCHOOL (0) 5:00-6:00PM	HIGH SCHOOL (0) 5:00-6:00PM	HIGH SCHOOL (0) 5:00-6:00PM		
Water Aerobics (2) 6:00-7:00PM	Lap Swim (5) 6:00-7:00PM	Water Aerobics (2) 6:00-7:00PM	Lap Swim (5) 6:00-7:00PM	Lap Swim (5) 6:00-7:00PM		
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

(\*) MEANS NUMBER OF LANES AVAILABLE FOR LAP SWIMMING (Ex: (2) = 2 lanes available)

## W.C.C. ALCOVE POOL SCHEDULE: FEB 23rd - MARCH 15th, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Water Walk 5:00 - 8:30 AM	Adult Water Walk 5:00 - 8:30 AM	Adult Water Walk 5:00 - 8:30 AM	Adult Water Walk 5:00 - 8:30 AM	Adult Water Walk 5:00 - 8:30 AM ADULT LESSONS 8:00-8:30AM	Open Swim 7:00 - 9:45 AM	
Water Aerobics 8:30 - 9:30 AM	Water Aerobics 8:30 - 9:30 AM	Water Aerobics 8:30 - 9:30 AM	Water Aerobics 8:30 - 9:30 AM	Water Aerobics 8:30 - 9:30 AM		
Water Aerobics 8:30 - 9:30 AM	PARENT TOT 9:30-10AM SVCH LESSONS 10:30-11:15am	GSB PRE-K Lessons 9-9:45AM	GSB/RICH 9:30-10AM	Water Aerobics 8:30 - 9:30 AM	SWIM LESSONS 9:45-11:45AM	
Open Swim 9:30-1:00 PM	Open Swim 11-12pm	Coastal Kids PK LESSON 9:45-10:30AM	Open Swim 10-12:00 PM	SPLASH CLASS 9:30-10:15 AM		CLOSED
<b>CLOSED</b> <b>1:00 - 2:30 PM</b>	RSU 40 12-1PM	Woolwich Central 10:30-11AM	RSU 40 12-1PM	Open Swim 10:15 - 12:55 PM	Open Swim 11:45 - 4:00 PM	Open Swim 1:00 - 4:45 PM
Open Swim 2:30-6:45PM	<b>CLOSED</b> <b>12:00 - 2:30 PM</b>	Open Swim 11-1:00 PM	<b>CLOSED</b> <b>12:00 - 2:30 PM</b>	<b>CLOSED</b> <b>12:55 - 2:30 PM</b>		
	Open Swim 2:30 - 3:30 PM	<b>CLOSED</b> <b>1:00 - 2:30 PM</b>	Open Swim 2:30 - 4:15 PM	Open Swim 2:30-6:45 PM		
	LESSONS 3:30-4:15PM	Open Swim 2:30-6:45PM	LESSONS 4:15-5PM			
	Open Swim 4:15-6:45PM		Open Swim 5:00-6:45PM			
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

### IMPORTANT NOTES:

**High School Away Meet Tuesday Feb 24th all lap lanes will be available 5-6pm**

**High School Season over March 7th all lap lanes available 5-6pm 3/9-3/13**

### POOL RULES:

No running

No diving

Children under 4 must have an adult in the water with them

Children 4-11 must have an adult in the pool room supervising them

If your child is not FULLY potty trained please put them in a swim diaper (If they don't go to bed or ride in the car without a diaper on do not put them in the pool without one!)

No Food or Drink (except water!)

NO GLASS CONTAINERS!!

Only USCG approved lifejackets allowed. No inflatables!

Hair shoulder length or longer (regardless of gender) must be tied up in a ponytail or put in a swim cap.

Only appropriate swim wear allowed

Lap lanes are for sharing! If you are unwilling to share then you may be asked to wait until one opens up!

**\*If you plan on bringing a large group to swim it is always a good idea to call ahead of time to give us a heads up, so that we can hopefully accommodate everyone staff wise! Thank you!\***