

W.C.C. LAP POOL SCHEDULE: MARCH 16th-30th, 2025

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- 8:00am 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	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	GSB/RICH 9:30-10AM (4) Lap Swim (5) 10 - 12:00 PM RSU 40 (4) 12-1PM	Lap Swim (5) 9:35 - 1:00 PM	SWIM LESSONS (4) 8:00-9:00 AM SWIM LESSONS (2) 9:00-10:00 AM	CLOSED
CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM WES LESSONS	Lap Swim (5) 10:00 - 4:00 PM	Lap Swim (4) 1:00-5:00pm
Lap Swim (5) 2:30 - 6:00 PM	Lap Swim (4) 2:30 - 4:15 PM LESSONS (2) 4:15 - 5:00 PM	Lap Swim (5) 2:30 - 6:00 PM	Lap Swim (5) 2:30 - 3:30 PM LESSONS (2) 3:30-4:15pm	Lap Swim (5) 2:30-7:00PM		
Water Aerobics (0) 6:00-7:00PM	Lap Swim (5) 5:00-7:00PM	Water Aerobics (0) 6:00-7:00PM	Lap Swim (5) 4:15-7:00PM			
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: MARCH 16th-30th, 2025

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 8:00 - 9:45 AM	
Water Aerobics 8:30 - 9:30 AM	Water Aerobics 8:30 - 9:30 AM	GSB PRE-K Lessons 9-9:45AM	Water Aerobics 8:30 - 9:30 AM	Water Aerobics 8:30 - 9:30 AM	SWIM LESSONS 9:45-11:45AM	
Open Swim 9:30-1:00 PM	PARENT TOT 9:30-10AM Open Swim 10-12pm	Open Swim 9:45-10:30 AM	Open Swim 9:30-12:00 PM	SPLASH CLASS 9:30-10:15 AM		CLOSED
CLOSED 1:00 - 2:30 PM	RSU 40 12-1PM CLOSED 12:00 - 2:30 PM	Woolwich Central 10:30-11AM	RSU 40 12-1PM CLOSED 12:00 - 2:30 PM	Open Swim 10:15 - 1:00 PM CLOSED 1:00 - 2:30 PM	Open Swim 11:45 - 4:00 PM	Open Swim 1:00 - 4:45 PM
Open Swim 2:30-6:45PM	Open Swim 2:30 - 3:30 PM LESSONS 3:30-4:15PM	CLOSED 1:00 - 2:30 PM	Open Swim 2:30 - 4:15 PM LESSONS 4:15-5PM	Open Swim 2:30-6:45 PM		
	Open Swim 4:15-6:45PM	Open Swim 2:30-6:45PM	Open Swim 5:00-6:45PM			
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

IMPORTANT NOTES:

Basketball Tournaments 3/15 & 16 and 3/22 & 23 players get swim passes for 1-4pm

ALCOVE CLOSED 3/24 10-11:15AM for School Group

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!