



Northampton Aquatic & Family Center

JFK Middle School, 100 Bridge Road, Florence, MA 01062

POOL SCHEDULE & CALENDAR JUNE 2019

AFC: 413-587-1046, Activity/Cancellation Hotline: 413-587-1044

Check Calendar on Reverse side for more details. Call ahead to inquire about lane availability.

Proper swimming attire is required, no cotton clothing.

Please contact the Aquatics Supervisor if your group is 8 or more or during birthday parties to ensure proper staffing levels.

Weekday morning policy: Swimmers leaving after 7:30 a.m. MUST exit pool area (including those using locker rooms) through pool deck glass doors.

- MONDAY:** 6:00 - 7:00 am Lap swim (6 Lanes)
 7:00 - 7:25 am Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
 3:15 - 4:00 pm Lap swim (4 Lanes) / Open swim (NO Diving Board)
 4:00 - 6:00 pm Lap swim (2 Lanes) / Open swim (NO Diving Board)
 4:00 - 6:00 pm Valley Swim School (2 Lanes)
 6:00 - 7:00 pm Lap swim (3 Lanes) / Open swim (with Diving Board)
- TUESDAY:** 6:00 - 7:40 am Lap swim/Masters (3/4 Lanes)
 4:00 - 6:00 pm Lap swim (2 Lanes) / Open swim (NO Diving Board)
 4:00 - 6:00 pm Valley Swim School (2 Lanes)
 6:00 - 7:00 pm Lap swim (3 Lanes) / Water Aerobics (NO open swim)
 7:00 - 7:30 pm Lap swim (3 Lanes) / Open swim (with Diving Board)
- WEDNESDAY:** 6:00 - 7:00 am Lap swim (6 Lanes)
 7:00 - 7:25 am Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
 3:15 - 4:00 pm Lap swim (4 Lanes) / Open swim (NO Diving Board)
 4:00 - 6:00 pm Lap swim (2 Lanes) / Open swim (NO Diving Board)
 4:00 - 6:00 pm Valley Swim School (2 Lanes)
 6:00 - 6:30 pm Valley Swim School (1 Lane)
 6:00 - 7:00 pm Lap swim (3 Lanes) / Open swim (with Diving Board)
- THURSDAY:** 6:00 - 7:40 am Lap swim/Masters (3/4 Lanes)
 3:55 - 5:55 pm Swim Lessons (NO open swim)
 4:00 - 6:00 pm Lap swim (3 Lanes) / Open swim (Deep Water Only NO Diving Board)
 6:00 - 7:00 pm Lap swim (3 Lanes) / Water Aerobics (NO open swim)
 7:00 - 7:30 pm Lap swim (3 Lanes) / Open swim (with Diving Board)
- FRIDAY:** 6:00 - 7:00 am Lap swim (6 Lanes)
 7:00 - 7:25 am Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
 3:15 - 4:00 pm Lap swim (4 Lanes) / Open swim (NO Diving Board)
 4:00 - 6:00 pm Lap swim (3 Lanes) / Open swim (NO Diving Board)
 4:00 - 6:00 pm Valley Swim School (1 Lane)
 6:00 - 6:30 pm Lap swim (3 Lanes) / Open swim (with Diving Board)
- SATURDAY:** 9:30 am - 11:30 am Lap swim (3 Lanes) / Swim Lessons
 11:30 am - 5:00 pm Lap swim (3 Lanes) / Open swim with Diving Board
- SUNDAY:** 11:00 am - 4:30 pm Lap swim (3 Lanes)/Open swim with Diving Board

*****NORTHAMPTON, FLORENCE, & LEEDS SENIORS (Age 55 & over) SWIM FREE ON SUNDAY*****

OPEN SWIM: The diving board, where indicated, and 3 lanes (subject to change) are open for leisure swim. Bring your friends and family just for fun.

LAP SWIM: Designated lanes for swimming laps and aquatic fitness use ONLY. Get fit swimming. () = Number of lanes available for lap swimming

LOCKERS ARE FOR DAILY USE ONLY NO LOCKS OVERNIGHT

LAP SWIMMING ETIQUETTE; PLEASE READ: Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim LAPS in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

AFC at JFK Middle School, 100 Bridge Road, Florence, MA 01062
 Monday-Friday, 4:00-7:00 pm, Saturday 9:00 am-4:00 pm & Sunday 11 am-4:00 pm, 413-587-1046
 Northampton Recreation Department 100 A Bridge Road, Florence, MA 01062
 Monday-Friday, 8:30 am-4:30 pm, 413-587-1040
www.northamptonma.gov/recreation

Over for June Pool Calendar

Updated 5/31/19



JFK Pool Schedule June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2 Lap(3 Lanes) 11-4:30pm Open Swim Shallow end Only 11-12:15pm Springboard Diving 11:15am-12:15pm (NO Diving) Free Senior Swim/ Open (w Diving) 12:15-4:30pm</p>	<p>3 Lap 6-7:25am Aerobics 7-7:40am Lap(4 Lanes)/Open Swim (NO Diving) 3:15-4pm Lap(2 Lanes)/Open Swim (NO Diving) 4-6pm Valley Swim (2 Lanes) 4-6pm Lap(3 Lanes)/ Aqua Zumba 6-7pm</p>	<p>4 Lap/Masters (3/4 Lanes) 6-7:40am Lap(2 Lanes)/Open Swim (NO Diving) 4-6pm Valley Swim (2 Lanes) 4-6pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>5 Lap 6-7:25am Aerobics 7-7:40am Lap(4 Lanes)/Open Swim (NO Diving) 3:15-4pm Lap(3 Lanes)/Open Swim (NO Diving) 4-6pm Valley Swim (2 Lanes) 4-6pm Lap(3 Lanes)/ Open Swim 6-7pm Valley Swim (1 Lane) 6-6:30pm</p>	<p>6 Lap/Masters (3/4 Lanes) 6-7:40am Swim Lessons 3:55-5:55pm Lap(3 Lanes)/4-6pm Open Swim Deep Water Only 4-5pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>7 Lap 6-7:25am Aerobics 7-7:40am Lap(4 Lanes)/Open Swim (NO Diving) 3:15-4pm Lap(3 Lanes)/Open Swim (NO Diving) 4-6pm Lap(3 Lanes)/Open Swim (w Diving) 6-6:30pm</p>	<p>1 Lap(3 Lanes) 9:30am-5pm Open Swim (w Diving) 11:30am-5pm Lifeguard Re-Cert class 9:30 am – 4:30 pm</p>
<p>9 Lap(3 Lanes) 11-4:30pm Open Swim Shallow end Only 11-12:15pm Springboard Diving 11:15am-12:15pm (NO Diving) Free Senior Swim/ Open (w Diving) 12:15-4:30pm</p>	<p>10 Lap 6-7:25am Aerobics 7-7:40am Lap(4 Lanes)/Open Swim (NO Diving) 3:15-4pm Lap(2 Lanes)/Open Swim (NO Diving) 4-6pm Valley Swim (2 Lanes) 4-6pm Lap(3 Lanes)/ Aqua Zumba 6-7pm</p>	<p>11 Lap/Masters (3/4 Lanes) 6-7:40am Lap(2 Lanes)/Open Swim (NO Diving) 4-6pm Valley Swim (2 Lanes) 4-6pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>12 Lap 6-7:25am Aerobics 7-7:40am Lap(4 Lanes)/Open Swim (NO Diving) 3:15-4pm Lap(3 Lanes)/Open Swim (NO Diving) 4-6pm Valley Swim (2 Lanes) 4-6pm Lap(3 Lanes)/ Open Swim 6-7pm Valley Swim (1 Lane) 6-6:30pm</p>	<p>13 Lap/Masters (3/4 Lanes) 6-7:40am Lap(3 Lanes)/Open Swim 4-6pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>14 Lap 6-7:25am Aerobics 7-7:40am Lap(4 Lanes)/Open Swim (NO Diving) 3:15-4pm Lap(3 Lanes)/Open Swim (NO Diving) 4-6pm Lap(3 Lanes)/Open Swim (w Diving) 6-6:30pm</p>	<p>15 Lap(3 Lanes) 9:30am-5pm Swim Lessons 9:30am-11:30am Open Swim (NO Diving) 11:30am-5pm Lifeguarding 12:30am-4:30 pm</p>
<p>16 Lap(3 Lanes) 11-4:30pm Free Senior Swim/ Open (w Diving) 12:15-4:30pm</p>	<p>17 Lap 6-7:25am Aerobics 7-7:40am Lap(3 Lanes)/Open Swim (with Diving) 3:15-6pm Aqua Zumba 6-7pm</p>	<p>18 Lap/Masters (3/4 Lanes) 6-7:40am Lap(3 Lanes)/Open Swim (with Diving) 4-6pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>19 Lap 6-7:25am Aerobics 7-7:40am Lap(3 Lanes)/Open Swim (with Diving) 3:15-7pm</p>	<p>20 Lap/Masters (3/4 Lanes) 6-7:40am Swim Lessons 3:55-5:55pm Lap(3 Lanes)/4-6pm Open Swim Deep Water Only 4-5pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>21 Lap 6-7:25am Aerobics 7-7:40am Lap(3 Lanes)/Open Swim (with Diving) 3:15-6:30pm</p>	<p>22 Lap(3 Lanes) 9:30am-5pm Swim Lessons 9:30am-11:30am Open Swim (NO Diving) 11:30am-5pm Lifeguarding 12:30am-4:30 pm</p>
<p>23 & 30 Lap(3 Lanes) 11-4:30pm Open Swim Shallow end Only 11-12:15pm Springboard Diving 11:15am-12:15pm (NO Diving) Free Senior Swim/ Open (NO Diving) 12:15-4:30pm Lifeguarding 12:30-4:30 pm</p>	<p>24 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 12-3:30pm Lap(3 Lanes)/Open Swim (with Diving) 3:45-6pm Aqua Zumba 6-7pm</p>	<p>25 Lap/Masters (3/4 Lanes) 6-7:40am Rec Camp 1:30-3:30pm Lap(3 Lanes)/Open Swim (with Diving) 3:45-6pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>26 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 12:30-3:30pm Lap(3 Lanes)/Open Swim (with Diving) 3:45-7pm</p>	<p>27 Lap/Masters (3/4 Lanes) 6-7:40am Rec Camp 1:30-3:30pm Swim Lessons 3:55-5:55pm Lap(3 Lanes)/3:45-6pm Open Swim Deep Water Only 4-5pm Lap(3 Lanes)/Aerobics (NO Open Swim) 6-7pm Lap(3 Lanes)/Open Swim (w Diving) 7-7:30pm</p>	<p>28 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 1:30-3:30pm Lap(3 Lanes)/Open Swim (with Diving) 3:45-6:30pm</p>	<p>29 Lap(3 Lanes) 9:30am-5pm Swim Lessons 9:30am-11:30am Open Swim (NO Diving) 11:30am-5pm Lifeguard Re-Cert class 9:30 am – 4:30 pm</p>

Revised 5/31/19