Northampton Parks & Recreation

Aquatic and Family Center

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

POOL SCHEDULE

September 2023

- Check schedule carefully. Call ahead to inquire about lane availability.
- Proper swimming attire is required, no cotton clothing.

MONDAY
6:45 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (7 - 7:40 am) [NO Open Swim]
4:30 - 6:30 pm - Lap swim (3 Lanes) / One lane rental / Open swim NO Diving Board
6:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

TUESDAY
6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap or Open swim
4:30 - 6:30 pm - Lap swim (3 Lanes) / One lane rental / Open swim NO Diving Board
6:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

WEDNESDAY
6:45 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (7 - 7:40 am) [NO Open Swim]
4:30 - 5:15 pm - Lap swim (4 Lanes) Open swim NO Diving Board
5:15 - 6:30 pm - Lap swim (3 Lanes) **Water Aerobics** Shared Open swim NO Diving Board
6:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

THURSDAY
6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap or Open swim
4:30 - 6:30 pm - Lap swim (3 Lanes) / One lane rental / Open swim NO Diving Board
6:30 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

FRIDAY
6:45 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (7 - 7:40 am) [NO Open Swim]
4:30 - 6:00 pm - Lap swim (4 Lanes) / Open swim NO Diving Board
6:00 - 7:30 pm - Lap swim (3 Lanes) Open swim with Diving Board

SATURDAY
9:00 am - 1:00 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
1:00 pm - 3:00 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

SUNDAY
10:00 am - 3:00 pm - Free Senior Swim for Northampton Residents (55 and older)
10:00 am - 1:00 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
1:00 pm - 3:00 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

FOR MORE INFORMATION & TO REGISTER

SCAN ME

OPEN YOUR CAMERA APP ON YOUR PHONE & FOLLOW THE PROMPT

AFC will be CLOSED Monday August 29 (School Convocation)

AFC will be CLOSED Monday September 4 (Labor Day)

AFC will be CLOSED Thursday September 28 @ 6 pm (JFK Open House)

OPEN SWIM: The diving board, where indicated, and 3 lanes are open for leisure swim.

LAP SWIM: Designated lanes for swimming laps and aquatic fitness use

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.

Aquatic & Family Center 413-587-1046
Parks & Rec Office
413-587-1040
www.northamptonma.gov/recreation

Over for Full Calendar

Updated 8/25/23

JFK Pool Calendar September 2023

Daily Pool Lap/Open Swim Fees

Resident: Adult $5.00 Senior / Veteran / Youth: $4.00

Non-Resident: Adult $7.00 Senior / Veteran / Youth: $6.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:15-6:00pm Lap(3 Lanes) Open Swim (with Diving) 6:00-7:30pm	**2** Lap(4 Lanes) Open swim NO diving 9am-12pm Lap(3 Lanes) Open Swim (with Diving) 12-3pm
3 Resident Senior Free Swim 10am-3pm Lap(4 Lanes) Open swim NO diving 10am-1pm Lap(3 Lanes) Open Swim (with Diving) 1-3pm	**4** **AFC CLOSED (Labor Day)**	**5** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental /Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**6** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:30-5:15pm **H20 Aerobics** /Shared Open Swim (NO Diving) 5:15-6pm Lap(3 Lanes) / Shared Open Swim (with Diving) 6-7:30pm	**7** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental / Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**8** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:15-6:00pm Lap(3 Lanes) Open Swim (with Diving) 6:00-7:30pm	**9** Lap(4 Lanes) Open swim NO diving 9am-12pm Lap(3 Lanes) Open Swim (with Diving) 12-3pm **Birthday Party** (Zuckerman) 1-2pm
10 Resident Senior Free Swim 10am-3pm Lap(4 Lanes) Open swim NO diving 10am-1pm Lap(3 Lanes) Open Swim (with Diving) 1-3pm	**11** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(3 Lanes) / One Lane Rental / Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**12** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental /Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**13** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:30-5:15pm **H20 Aerobics** /Shared Open Swim (NO Diving) 5:15-6pm Lap(3 Lanes) / Shared Open Swim (with Diving) 6-7:30pm	**14** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental / Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**15** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:15-6:00pm Lap(3 Lanes) Open Swim (with Diving) 6:00-7:30pm	**16** Lap(4 Lanes) Open swim NO diving 9am-12pm Lap(3 Lanes) Open Swim (with Diving) 12-3pm
17 Resident Senior Free Swim 10am-3pm Lap(4 Lanes) Open swim NO diving 10am-1pm Lap(3 Lanes) Open Swim (with Diving) 1-3pm	**18** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(3 Lanes) / One Lane Rental / Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**19** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental /Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**20** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:30-5:15pm **H20 Aerobics** /Shared Open Swim (NO Diving) 5:15-6pm Lap(3 Lanes) / Shared Open Swim (with Diving) 6-7:30pm	**21** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental / Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**22** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:15-6:00pm Lap(3 Lanes) Open Swim (with Diving) 6:00-7:30pm	**23** Lap(4 Lanes) Open swim NO diving 9am-12pm Lap(3 Lanes) Open Swim (with Diving) 12-3pm **Birthday Party** (Smith) 1-2pm
24 Resident Senior Free Swim 10am-3pm Lap(4 Lanes) Open swim NO diving 10am-1pm Lap(3 Lanes) Open Swim (with Diving) 1-3pm	**25** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(3 Lanes) / One Lane Rental / Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**26** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental /Open Swim (NO Diving) 4:30-6:30pm Lap(3 Lanes) / Open Swim (with Diving) 6:30-7:30pm	**27** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:30-5:15pm **H20 Aerobics** /Shared Open Swim (NO Diving) 5:15-6pm Lap(3 Lanes) / Shared Open Swim (with Diving) 6-7:30pm	**28** **Masters** (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(3 Lanes) / One Lane Rental / Open Swim (NO Diving) 4:30-6:00pm **Pool Closed for JFK Open House** 6-8pm	**29** Lap (3 Lanes) / **H2O Aerobics 6**:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:15-6:00pm Lap(3 Lanes) Open Swim (with Diving) 6:00-7:30pm	**30** Lap(4 Lanes) Open swim NO diving 9am-12pm Lap(3 Lanes) Open Swim (with Diving) 12-3pm **Revised 8/25/23**