



Northampton Aquatic & Family Center

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

POOL SCHEDULE & CALENDAR MARCH 2020

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

Check schedule carefully. 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.

AFC will be closing at 6:00 pm on Thursday March 5 for JFK Event

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 - 5:30 pm	Lap swim (3 Lanes) / Open swim with NO Diving Board
	5:30 - 6:30 pm	Lap swim (3 Lanes) / Aqua Zumba / NO Open Swim
	6:30 - 7:00 pm	Lap swim (3 Lanes) / Open swim with Diving Board
TUESDAY:	6:00 - 7:40 am	Lap swim (2 Lanes) / Masters (4 Lanes)
	4:00 - 6:00 pm	Lap swim (3 Lanes) / Open Swim with Diving Board
	4:00 - 6:00 pm	Valley Swim School (1 Lane)
	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 - 5:30 pm	Lap swim (3 Lanes) / Open swim with Diving Board
	4:00 - 5:30 pm	Valley Swim School (1 Lane)
	5:30 - 6:30 pm	Lap swim (3 Lanes) / Water Aerobics / NO Open Swim
	6:30 - 7:00 pm	Lap swim (3 Lanes) / Open swim with Diving Board
THURSDAY:	6:00 - 7:40 am	Lap swim (2 Lanes) / Masters (4 Lanes)
	3:55 - 5:25 pm	Swim Lessons / Open swim Deep water only / NO Diving Board
	5:25 - 5:55 pm	Swim Lessons / NO Open swim
	4:00 - 6:00 pm	Lap swim (3 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
FRIDAY:	6:00 - 7:00 am	Lap swim (6 Lanes)
	7:00 - 7:25 am	Lap swim (3 Lanes) / Aerobics (until 7:40 am)
	3:15 - 5:30 pm	Lap swim (3 Lanes) / Open swim NO Diving Board
	4:00 - 5:30 pm	Valley Swim School (1 Lane)
	5:30 - 6:30 pm	Lap swim (3 Lanes) / Open swim with Diving Board
SATURDAY:	9:30 am - 5:00 pm	Lap swim (3 Lanes)
	9:30 am - 11:00 am	Swim Lessons / Open swim (Deep water only / NO Diving Board)
	11:00 am - 11:30 am	Swim Lessons / NO Open swim
	11:30 am - 5 pm	Open swim with Diving Board
SUNDAY:	10:00 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 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

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.

LOCKERS ARE FOR DAILY USE ONLY NO LOCKS OVERNIGHT

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

Pool Office Hours Monday-Friday, 4:00-7:00 pm, Saturday 10:00 am-4:00 pm & Sunday 11 am-4:00 pm, 413-587-1046

Northampton Recreation Department 100A Bridge Road, Florence, MA 01062

Monday-Friday, 8:30 am-4:30 pm, 413-587-1040

www.northamptonma.gov/recreation

Over for March Pool Calendar

Revised 3/4/20



JFK Pool Schedule March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Lap(3 Lanes) 10am-4:30pm Open Swim (with Diving) 10am-4:30pm Free Senior Swim 10am-4:30pm	2 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Open Swim (with Diving) 3:15-5:30pm Aqua Zumba 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	3 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Valley Swim (1 Lane) 4-6pm Open Swim (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	4 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm H2O Aerobics 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	5 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Open Swim (NO Diving) 4-6pm AFC Closing at 6:00 pm	6 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm Open Swim (with Diving) 5:30-6:30pm	7 Lap(3 Lanes) 9:30am-5pm Swim Lessons/Open Swim (Deep Water Only) 9:30am-11:00am Swim Lessons/NO Open Swim 11:00am-11:30am Open Swim (w diving) 11:30am-5pm	
8 Lap(3 Lanes) 10am-4:30pm Open Swim (with Diving) 10am-4:30pm Free Senior Swim 10am-4:30pm	9 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Open Swim (with Diving) 3:15-5:30pm Aqua Zumba 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	10 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Valley Swim (1 Lane) 4-6pm Open Swim (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	11 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm H2O Aerobics 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	12 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Swim Lessons 3:55-5:55pm Open Swim Deep Water (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	13 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm Open Swim (with Diving) 5:30-6:30pm	14 Lap(3 Lanes) 9:30am-5pm Swim Lessons/Open Swim (Deep Water Only) 9:30am-11:00am Swim Lessons/NO Open Swim 11:00am-11:30am Open Swim (w diving) 11:30am-5pm	
15 Lap(3 Lanes) 10am-4:30pm Open Swim (with Diving) 10am-4:30pm Free Senior Swim 10am-4:30pm	16 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Open Swim (with Diving) 3:15-5:30pm Aqua Zumba 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	17 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Valley Swim (1 Lane) 4-6pm Open Swim (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	18 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm H2O Aerobics 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	19 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Swim Lessons 3:55-5:55pm Open Swim Deep Water (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	20 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm Open Swim (with Diving) 5:30-6:30pm	21 Lap(3 Lanes) 9:30am-5pm Swim Lessons/Open Swim (Deep Water Only) 9:30am-11:00am Swim Lessons/NO Open Swim 11:00am-11:30am Open Swim (w diving) 11:30am-5pm	
22 Lap(3 Lanes) 11am-4:30pm Open Swim (with Diving) 11am-4:30pm Free Senior Swim 11am-4:30pm	23 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Open Swim (with Diving) 3:15-7pm	24 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Valley Swim (1 Lane) 4-6pm Open Swim (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	25 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm H2O Aerobics 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	26 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Swim Lessons 3:55-5:55pm Open Swim Deep Water (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	27 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-6:30pm Valley Swim (1 Lane) 4-5:30pm Open Swim (NO Diving) 3:15-5:30pm Open Swim (with Diving) 5:30-6:30pm	28 Lap(3 Lanes) 9:30am-5pm Swim Lessons/Open Swim (Deep Water Only) 9:30am-11:00am Swim Lessons/NO Open Swim 11:00am-11:30am Open Swim (w diving) 11:30am-5pm	
29 Lap(3 Lanes) 11am-4:30pm Open Swim (with Diving) 11am-4:30pm Free Senior Swim 11am-4:30pm	30 Lap 6-7:25am H2O Aerobics 7-7:40am Lap(3 Lanes) 3:15-7:00pm Open Swim (with Diving) 3:15-5:30pm Aqua Zumba 5:30-6:30pm Open Swim (with Diving) 6:30-7pm	31 Lap/Masters (4 Lanes) 6-7:40am Lap(3 Lanes) 4-7:30pm Valley Swim (1 Lane) 4-6pm Open Swim (NO Diving) 4-6pm H2O Aerobics 6-7pm Open Swim (with Diving) 7-7:30pm	<div style="border: 1px solid black; padding: 5px;"> Daily Pool Lap/Open Swim Fees Resident Adult: \$5.00 Resident Senior/Youth: \$4.00 Non-Resident Adult: \$6.00 Non-Resident Senior /Youth: \$5.00 </div>				