Northampton Parks & Recreation

Aquatic and Family Center

located at JFK Middle School,100 Bridge Rd., Florence, MA

POOL SCHEDULE
January 2022

ALL LOCAL AND STATE COVID REGULATIONS WILL BE FOLLOWED. AS OF SEPT. 23, FACE MASKS MUST BE WORN AT ALL TIMES INDOORS EXCEPT WHEN IN THE POOL.

- Check schedule carefully. Call ahead to inquire about lane availability.
- All local and state COVID regulations must be followed. Masks are required at all times except when in water. Do not attend if you do not feel well.
- Proper swimming attire is required, no cotton clothing.
- Weekday morning policy: Swimmers leaving MUST exit pool area by 8:00 am, including those using locker rooms, through pool deck glass doors. All must be out of the building by 8am.

MONDAY
6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 6:15 pm - Lap swim (3 Lanes) / Open swim/ NO Diving Board
5:30 - 6:15 pm - Lap swim (3 Lanes) / Aqua Fitness/ NO Open Swim

TUESDAY
6:45 - 7:45 am - Lap swim (2 Lanes) /Masters' Swim Class
4:30 - 6:15 pm - Lap swim (3 Lanes) / Open swim NO Diving Board

WEDNESDAY
6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 6:15 pm - Lap swim (3 Lanes) / Open swim/ NO Diving Board
5:15 - 6:00 pm - Lap swim (3 Lanes) / Water Aerobics/ NO Open Swim

THURSDAY
6:45 - 7:45 am Lap swim (2 Lanes) /Masters' Swim Class
4:30 - 6:15 pm - Lap swim (3 Lanes) / Open swim NO Diving Board

FRIDAY
6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 6:15 pm - Lap swim (3 Lanes) / Open swim/ NO Diving Board

SATURDAY & SUNDAY: CLOSED until a weekend custodian is hired

FOR MORE INFORMATION & TO REGISTER

SCAN ME

OPEN YOUR CAMERA APP ON YOUR PHONE & FOLLOW THE PROMPT

Please note Pool is closed in the afternoon/evenings for Home swim meets: January 11, 21
Pool will be open January 6 from 2-4 pm
AFC is closed for the following holiday: January 17
Extended Hours 4:30 - 7:30 pm for away swim meets: January 5, 18, 24, 28, 31

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 ONLY.

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 1/3/22

JFK Pool Calendar January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **AFC CLOSED**
2 **AFC CLOSED**	**3** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-5:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**4** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**5** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-7:30pm **High School Away Swim Meet** Open Swim (NO Diving) 4:30-5:15pm High School Diving 4:30-6:30pm **H2O Aerobics** 5:15-6pm Open Swim (with Diving) 6-7:30pm	**6** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am Lap(3 Lanes) 4:30-6:15pm Open Swim (with Diving) 2-6:4pm **High School Home Swim Meet** 4:30 -7:30pm,	**7** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**8** **AFC CLOSED**
9 **AFC CLOSED**	**10** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-5:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**11** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am **POOL CLOSED for HOME SWIM MEET** 4:30 - 7:30pm	**12** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-5:15pm High School Diving 4:30-6:30pm **H2O Aerobics** 5:15-6pm High School Swim Practice 6:30-8:30pm	**13** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**14** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**15** **AFC CLOSED**
16 **AFC CLOSED**	**17** **AFC CLOSED (MLK Jr. Day)**	**18** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am Lap(3 Lanes) 4:30-7:30pm **High School Away Swim Meet** Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm Open Swim (with Diving) 6:30-7:30pm	**19** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-5:15pm High School Diving 4:30-6:30pm **H2O Aerobics** 5:15-6pm High School Swim Practice 6:30-8:30pm	**20** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**21** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am **POOL CLOSED for HOME SWIM MEET** 4:30 - 7:30pm	**22** **AFC CLOSED**
23 **AFC CLOSED**	**24** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am **High School AWAY Swim Meet** Lap(3 Lanes) 4:30-7:30pm Open Swim (with Diving) 4:30-5:30pm **Aqua Fitness** (5:30-6:15pm) Open Swim (with Diving) 6:15-7:30pm	**25** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**26** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-5:15pm High School Diving 4:30-6:30pm **H2O Aerobics** 5:15-6pm High School Swim Practice 6:30-8:30pm	**27** Lap/(2 Lanes) 6:45-7:45am **Masters** 6:45-7:45am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-6:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm	**28** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am **High School AWAY Swim Meet** Lap(3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:30pm High School Diving 4:30-6:30pm Open Swim (with Diving) 6:30-7:30pm	**29** **AFC CLOSED**
30 **AFC CLOSED**	**31** Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am **H2O Aerobics** 7-7:40am Lap(3 Lanes) 4:30-6:15pm Open Swim (NO Diving) 4:30-5:15pm High School Diving 4:30-6:30pm High School Swim Practice 6:30-8:30pm					

Daily Pool Lap/Open Swim Fees

Resident: Adult / Senior / Youth: $5.00

Non-Resident: Adult / Senior / Youth: $8.00

Revised 1/3/22