

# Indoor Pool Usage Schedule

Effective 11/10/2024

Please note OHAC swim instructors reserve the right to use any lane at **any** time.

## MONDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lane OPEN

10-11:30 am

2 lanes lessons, 2 lanes OPEN

11:30 am-1:45 pm

4 lanes OPEN

1:45-3:30 pm

1 lane lessons, 3 lanes OPEN

3:30-5 pm

2 lanes Family Swim/Lessons, 2 lanes OPEN

5-7 pm

2 lanes lessons, 2 lanes OPEN

7-9 pm

4 lanes OPEN

## TUESDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lane OPEN

10 am-3:30 pm

4 lanes OPEN

3:30-4:15 pm

1 lane lessons, 3 lanes OPEN

4:15-6:45 pm

2 lanes lessons, 2 lanes OPEN

6:45-7:30 pm

3 lanes Aqua Fit, 1 lane OPEN

7:30-9 pm

4 lanes OPEN

## WEDNESDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lanes OPEN

10 am-3:30 pm

4 lanes OPEN

3:30-5 pm

2 lanes Family Swim/Lessons,

2 lanes OPEN

5-7 pm

3 lanes lessons, 1 lane OPEN

7-9 pm

4 lanes OPEN

## THURSDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lane OPEN

10 am-3:30 pm

4 lanes OPEN

3:30-6:45 pm

1 lane lessons, 3 lanes OPEN

6:45-7:30 pm

3 lanes Aqua Fit, 1 lane OPEN

7:30-9 pm

4 lanes OPEN

## FRIDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lanes OPEN

10 am-4 pm

4 lanes OPEN

4-4:30 pm

1 lane lessons, 3 lanes OPEN

4:30-6:30 pm

2 lanes Family Swim/Lessons,

2 lanes OPEN

6:30-8 pm

4 lanes OPEN

## SATURDAY

7-8 am

4 Lanes OPEN

8-8:45 am

3 lanes lessons, 1 lane OPEN

8:45 am-12:30 pm

4 lanes LESSONS

12:30-3:00 pm

4 lanes OPEN

3-5 pm

2 lanes Family Swim,

2 lanes OPEN

5-6 pm

4 lanes OPEN

## SUNDAY

7-8:45 am

4 lanes OPEN

8:45-9:15 am

2 lanes lessons, 2 lanes OPEN

9:15-11:30am

1 lane lessons, 3 lanes OPEN

11:30 am-3 pm

4 lanes OPEN

3-5 pm

2 lanes family swim,

2 lanes OPEN

5-6 pm

2 lanes Aqua Fit, 2 lanes OPEN

"OPEN" swim times are for adults, 18+.  
Individuals 17 and under must swim during Family Swim hours  
when a lifeguard is on duty.

Please note this schedule is subject to change.

**ORCHARD HILLS**  
ATHLETIC CLUB

100 Duval Rd. Lancaster, MA 01523  
www.ohaclub.com  
978-537-8387