



Inquire about our Youth and Adult swim lessons, American Red cross courses, BLS Courses, our BCH sponsored Asthma Swim Program, and our DHS Swim Team Tryouts!

**Join the
NEXT
GENERATION
of Red Cross Training**

April of 2023 DotHouse Health Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	C
7:00 AM	Pool opens at 11:00 am for members	Pool opens at 11:00 am for members	Pool opens at 11:00 am for members	Pool opens at 11:00 am for members	Pool opens at 9:00 AM for DHH Pool members	All Swimmers Must Wear Appropriate Swim Wear and SHOWER Before Entering Pool	L
7:30 AM							O
8:00 AM						Pool Opens at 8 am Adult Lap Swim from 8-9 am	S
8:30 AM							E
9:00 AM					Senior Lap, Member Swim 9:00AM-11:00 AM	DHH Learn To Swim Program (Swim Lessons + Asthma Swim Program) 9am-1pm (30 minute classes)	D
9:30 AM							
10:00 AM							
10:30 AM							S
11:00 AM	Adult lap swim 11:00-1:00 PM	Adult lap swim 11:00-1:00 PM	Adult lap swim 11:00-1:00 PM	Adult lap swim 11:00-1:00 PM		U	
11:30 AM						N	
12:30 PM						A	
1:00 PM	Member Only Swim 1:00-2:00 PM	Member Only Swim 1:00-2:00 PM	Member Only Swim 1:00-2:00 PM	Member Only Swim 1:00-2:00 PM	Member Only Swim 1:00-2:00 PM	Due to Covid 19 protocols, space is limited !! All Adult members must call and register before using the Pool.	Y
1:30 PM							S
2:00 PM	Member Only Swim 2:00-3:00 PM	Member Only Swim 2:00-3:00 PM	Member Only Swim 2:00-3:00 PM	Member Only Swim 2:00-3:00 PM	Member Only Swim 2:00-3:00 PM		
2:30 PM							D
3:00 PM	DotHouse Staff Lap Swim 3:00-4:00 PM	DotHouse Staff Lap Swim 3:00-4:00 PM	DotHouse Staff Lap Swim 3:00-4:00 PM	DotHouse Staff Lap Swim 3:00-4:00 PM	Member Swim/Asthma Swim Program Lessons Swim 3:00- 5:00 PM		O
3:30 PM							T
4:00 PM	DotHouse Swim Team 4:00-7:00 PM	DotHouse Swim Team 4:00-6:30 PM	DotHouse Swim Team 4:00-6:30 PM	DotHouse Swim Team 4:00-6:30 PM	Pool Closed at 4:30 PM	We are not responsible for lost or stolen property!!!	H
4:30 PM							O
5:00 PM					Due to our Covid Protocols we can only allow one adult per lane during adult lap/member swim	Pool Schedule Subject To Change Without Notice	U
5:30 PM							S
6:00 PM							E
6:30 PM							H
7:00 PM	Family member Swim 7:00 - 8:00 PM	Family member Swim 7:00 - 8:00 PM	Family member Swim 7:00 - 8:00 PM	Family member Swim 7:00 - 8:00 PM		DHH Pool Saturday hours are 8am to 2:30 pm.	E
8:00 PM							T
							H
	Pool closes @ 8:00PM Mon.-Thurs. and @ 4:30 pm on Fridays! All patrons must exit the building by 7:45 pm Mon.-Thurs./4:45 pm on Friday's						O
							R
							G

For more information please contact Dirk @ 617-740-2234