



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

March 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	<u>Pool Schedule Subject To Change Without Notice</u>	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