



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

May 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 | | | | | | Pool Opens at 8 am Adult Lap Swim from 8-9 am | O | |
| 8:00 AM | | | | | | | S | |
| 8:30 AM | | | | | | | E | |
| 9:00 AM | | | | | Senior Lap, Member Swim 9:00AM-11:00 AM | | D | |
| 9:30 AM | | | | | | DHH Learn To Swim Program (Swim Lessons + Asthma Swim Program) 9am-1pm (30 minute classes) | | |
| 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 | 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 |
| 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 | 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 | 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> | DHH Pool Saturday hours are 8am to 2:30 pm. | 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 | | | E | |
| 8:00 PM | | | | | | | T | |
| | The Pool will be closed on Monday May 29th in recogniton of Memorial Day | | | | | | | 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