

KINGSBURY CLUB POOL SCHEDULE - Winter 2021 (Effective November 28 - February 19)

Please note: No reservations required for Free Swim. Reservations still required for Lap Lanes and Aqua Classes. Lap Swim is available in the lap pool from opening to close. At least two lap lanes available throughout the day.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	
5:00															
5:30			Masters 18+ (1 hour) 2					Masters 18+ (1 hour) 2				Closed	Closed	Closed	Closed
6:00					Kingfish Swim Team (1.75 hours) 2					Kingfish Swim Team (1.75 hours) 2					
6:30	Dover-Sherborn Swim Team (1.5 hours) 2														
7:00		Hydro Therapy Joel (1 hour) 0						Aqua Fusion Heidi (.75 hr) 4		Hydro Therapy Joel (1 hour) 0					
7:30											Masters 18+ (1 hour) 2				
8:00															
8:30					Aqua Jogging Paula (1 hour) 4										
9:00															
9:30					Masters 18+ (1 hour) 2				Masters 18+ (1 hour) 2	Aqua Tabata Paula (.75 hr) 4					
10:00		Swim Lessons (1 hr) 2											Swim Lessons (2.5 hours)		
10:30									Senior Swim (1 hour) 4	Senior Swim (1 hour) 0					
11:00			Senior Swim (1 hour) 4	Senior Swim (1 hour) 0											
11:30															
12:00															
12:30															
1:00															
1:30															
2:00															
2:30															
3:00	Medfield Swim Team (1 hour) 2		Medfield Swim Team (1 hour) 2		Medfield Swim Team (1 hour) 2		Medfield Swim Team (1 hour) 2		Medfield Swim Team (1 hour) 2						
3:30															
4:00			Dover-Sherborn Swim Team (1 hour) 2		Dover-Sherborn Swim Team (1 hour) 2		Dover-Sherborn Swim Team (1 hour) 2		Dover-Sherborn Swim Team (1 hour) 2						
4:30	Kingfish Swim Team (3 hours) 2	Swim Lessons (3 hours)												Kingfish Swim Team (2 hours) 2	
5:00															
5:30															
6:00															
6:30															
7:00		Aqua Shred Heidi (1 hr) 4	Kingfish Swim Team (4.5 hours) 2							Kingfish Swim Team (1.5 hours) 2					
7:30	Masters 18+ (1 hour) 2														
8:00					Masters 18+ (1 hour) 2										
8:30															
9:00															

POOL HOURS: Mon - Fri 5am to 9pm
Sat/Sun 6am to 8pm

LAP POOL: There are always two lap lanes available for swimmers;
MULTI-PURPOSE POOL: the pool is closed when a class is in session
otherwise lanes are open for free swim

4 = Lap lanes open during classes

AQUATICS CLASSES

Aqua Fusion

This aqua class utilizes aqua bells to provide a low impact workout using drag resistance training. Resistance is created while carrying out a variety of exercise tempo's to target a full body workout, keeping joints healthy and reducing the risk of injury. Working opposing muscle groups is the goal to help achieve muscle balance and symmetry.

Aqua Inferno

Utilizing the Aqua Logic Training bells, this high intensity, core building, strength training workout will give you a complete body workout. These power drag resistance moves will increase endurance and strength while minimizing skeletal impact.

Aqua Jogging

Aqua Jogging is deep water running and traveling workout. Utilizing the AquaJogger® buoyancy belt, this class is guaranteed to challenge your body, your core muscles, and your stamina. The AquaJogger® buoyancy belt comfortably suspends you at shoulder level in deep water allowing you to breathe normally and move freely. Hand buoys, bands, noodles, and kick-boards may be used to provide increased resistance and exercise variations.

Aqua Sport

This moderate to high intensity deep water class will use a variety of exercises to enhance cardiovascular while strengthening and toning muscles. Participants must be comfortable in deep water.

Aqua Tabata

Utilizing the famous Tabata style HIIT training method (20-second intervals of high intensity work followed by short rest periods), this class focuses on sets of simple, yet intense exercises, allowing you to burn away the calories and strengthen your body as a whole.

Hydro Therapy Training

Enjoy a full body, low impact work out with Joel St. Cyr. This class will concentrate on cardiovascular training and full range of motion full-body muscular training. Class will be held in the shallow end of the pool.

Masters Swim

The Masters program is for adults of all swimming abilities looking for a great swim workout. These coached workouts will improve your overall conditioning as well as help with your stroke mechanics.

Swim Lessons

The swim lesson program is designed in order to teach safety awareness around the water, while building a strong, efficient swimmer who enjoys the water for both fitness and recreation. Leveling is based on ability and age. Group, Private, and Semi-Private lessons are available.

Youth Triathlon

Our Youth Triathlon program is an excellent opportunity for kids who are interested in competing in the sport of triathlon to learn the fundamentals. With three sports the triathlon program offers kids an opportunity to acquire a variety of skills while also learning goal-setting, confidence, and self-discipline.