


WRHC Pool Schedule

| TIME: | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--|--|--|
| 5:00A-6:00A | 5 - 6 AM ADULT TIME | 5 - 6 AM ADULT TIME | 5 - 6 AM ADULT TIME | 5 - 6 AM ADULT TIME | 5 - 6 AM ADULT TIME |  WESTFORD REGENCY <small>spa & conference center</small> | |
| 6:00A-7:00A | 6 - 7 AM ADULT TIME | 6 - 7 AM ADULT TIME | 6 - 7 AM ADULT TIME | 6 - 7 AM ADULT TIME | 6 - 7 AM ADULT TIME | | |
| 7:00A-8:00A | 7 - 8 AM ADULT TIME | 7 - 8 AM ADULT TIME | 7 - 8 AM ADULT TIME | 7 - 8 AM ADULT TIME | 7 - 8 AM ADULT TIME | 7 - 9 AM ADULT TIME | 7 - 10 AM ADULT TIME |
| 8:00A-9:00 A | 8 - 9 AM ADULT TIME | 8 - 9 AM ADULT TIME | 8 - 9 AM ADULT TIME | 8 - 9 AM ADULT TIME | 8 - 9 AM ADULT TIME | | |
| 9:00A-10:00A | 9 - 10 AM H2O AEROBICS | 9 - 10 AM ADULT TIME | 9 - 10 AM H2O AEROBICS | 9 - 10 AM ADULT TIME | 9 - 10 AM H2O AEROBICS | 9 - 10AM AquaZumba | |
| 10:00A-11:00A | 10 - 12 PM FAMILY TIME | 10 - 12 PM FAMILY TIME | 10 - 12 PM FAMILY TIME | 10 - 12 PM FAMILY TIME | 10:30-11:30A CLOSED 11:30-12P FAMILY SWIM | 10 - 12 PM FAMILY SWIM | 10 - 12 PM FAMILY SWIM |
| 11:00A-12:00P | | | | | | | |
| 12:00P-1:00P | 12 - 3 PM ADULT TIME | 12 - 3 PM ADULT TIME | 12 - 3 PM ADULT TIME | 12 - 3 PM ADULT TIME | 12 - 3 PM ADULT TIME | 12 - 3 PM ADULT TIME | 12 - 3 PM ADULT TIME |
| 1:00P-2:00P | | | | | | | |
| 2:00P-3:00P | | | | | | | |
| 3:00P-4:00P | 3 - 5:30 PM FAMILY TIME | 3 - 5:30 PM FAMILY TIME | 3 - 5:30 PM FAMILY TIME | 3 - 5:30 PM FAMILY TIME | 3 - 8 PM FAMILY TIME | 3 - 6 PM FAMILY TIME | 3 - 6 PM FAMILY TIME |
| 4:00P-5:30P | | | | | | | |
| 5:30P-6:30P | 5:30 - 6:30 PM ADULT TIME | | 5:30 - 6:30 PM ADULT TIME | | | 5:30 - 7:30 PM ADULT TIME | ADULT TIME: Must be 16yrs or older. Private Swim Lessons can be scheduled at all times. Please share your lane if necessary. No lap or family swim during Water Classes. The Pool & Health Club close at the same time, adjust your swim accordingly. Hotel Guests have use of the pool at all times. |
| 6:00P-7:30P | 6:30 - 7:30 PM AquaZumba | | 6:30 - 7:30 PM AquaZumba | | | | |
| 7:30P-8:30P | 7:30 - 8:30 PM FAMILY TIME | 7:30 - 8:30 PM FAMILY TIME | 7:30 - 8:30 PM FAMILY TIME | 7:30 - 8:30 PM FAMILY TIME | | | |
| 8:30-9:30P | 8:30 - 9:30 PM ADULT TIME | 8:30 - 9:30 PM ADULT TIME | 8:30 - 9:30 PM ADULT TIME | 8:30 - 9:30 PM ADULT TIME | | | |

Updated 9/3/21