



# J.W. Hayden Facility Schedules

## May 28 - June 14

### ADULT OPEN GYM

For Members AGES 21 & UP  
Monday & Wednesday

6:30am to 8:00am

Tuesday & Friday

12:15pm to 1:15pm

### ADULT PICKLEBALL

Members Age 16+ (free)  
Non-members Age 16+ (\$13)  
Registration Required  
Monday, Wednesday, &  
Thursday

12:15pm to 2:30pm

Tuesday, Thursday & Friday

6:30am to 8:00am

### ADULT WEIGHT ROOM

For Members AGES 21 & UP  
Monday to Friday

6:30am to 3:00pm

### ADULT SWIM

For Members AGES 21 & UP  
Monday to Friday

6:30am to 9:30am

11:30am to 1:45pm

### SENIOR SWIM

Swim Times for  
members 60+

Monday, Wednesday,  
& Friday

10:30am to 11:30am

Tuesday & Thursday

9:30am to 10:30am

### YOUTH OPEN GYM

For Members AGES 12-21  
Monday to Friday

3:15pm to 5:00pm

**\*NO OPEN GYM**

6/7 & 6/10

### YOUTH WEIGHT ROOM

For Members AGES 12-21  
Monday to Friday

6:30am to 6:45pm

**\*CLOSING at 6:00pm**

on 6/10

### YOUTH LAP SWIM

For Members AGES 12-21  
AND

### YOUTH FREE SWIM

For Members AGES 4-21

Swimmers must be able to  
stand comfortably and  
independently in 3 feet of  
water

Monday

3:45pm to 5:00pm

Friday

2:00pm to 4:00pm

*Adult*

*Youth*

### MEMBER/GUARDIAN SWIM

For Members AGES 6mo+  
Youth members must be  
accompanied in the water by  
a parent or adult guardian

Friday

4:00pm to 5:00pm

### ICE FACILITY office hours

Monday-Friday

9:00am-4:00pm

Saturday-Sunday

CLOSED

10 Lincoln St (781) 862-5575

### RECREATION CENTRE

Monday-Friday

6:30am-7:00pm

Saturday-Sunday

CLOSED

24 Lincoln St (781) 862-8480