

# J.W. Hayden Facility Schedules: Adult

[www.jwhayden.org](http://www.jwhayden.org)  
updated January 2024

## ADULT OPEN GYM

For Members AGES 21 & UP  
Monday & Wednesday

6:30am to 8:00am

Tuesday & Friday

12:15pm to 1:15pm

## ADULT WEIGHT ROOM

For Members AGES 21 & UP  
Monday to Friday

6:30am to 3:00pm

Monday to Thursday

7:30pm to 8:45pm

Saturday

8:00am-10:00am

## ADULT PICKLEBALL

Members Age 16+ (free)

Non-members Age 16+ (\$13)

Registration Required

Monday & Wednesday

12:15pm to 2:30pm

Tuesday, Thursday & Friday

6:30am to 8:00am

Thursday

12:15pm to 1:45pm

## ADULT SWIM

For Members AGES 21 & UP  
Monday to Friday

6:30am to 9:30am

11:30am to 1:45pm

Saturday

8:15am to 9:15am

## SENIOR SWIM

Swim Times for  
members 60+

Monday, Wednesday,  
& Friday

10:30am to 11:30am

Tuesday & Thursday

9:30am to 10:30am

## Adult Membership (Age 21+): Residents Only

Age 21 to 59: \$318 annually

Age 60+: \$236 annually

Memberships are valid for 12 months from the date of purchase.

Memberships allow access to designated weight room, gym, and pool hours as well as general skate and class registration.

*Please visit our website for information on non-resident memberships.*

## GENERAL SKATE (\$8)

For Members AGES 4 & up  
Wednesday & Friday

1:00pm to 2:00pm

Saturday

3:30pm to 4:45pm



**PLEASE NOTE ALL FACILITY  
OFFERINGS ARE SUBJECT TO  
CHANGE BY SEASON,  
SESSION & LPS SCHEDULES**

## ICE FACILITY DESK

Monday-Friday

6:00am-7:00pm

Saturday

1:00pm-7:30pm

Sunday

7:00am-7:00pm

10 Lincoln St (781) 862-5575

## RECREATION CENTRE

Monday-Thursday

6:30am-9:00pm

Friday

6:30am-7:30pm

Saturday

8:00am-3:00pm

24 Lincoln St (781) 862-8480