

#### ANDOVER-NORTH ANDOVER YMCA - ANDOVER, MA

Route 93 North to Route 133 East, towards Andover. Proceed straight through four sets of lights. After the fourth set of lights, the YMCA will be on the right. If you get to

#### Burger King, you have gone too far. ATKINSON POOL - SUDBURY, MA

From Route 128: Route 20 west towards Weston. Right on Route 27 at the lights. Follow Route 27 as it turns right towards Maynard. Go straight. (This road is now known as Hudson Road). After about 1.75 miles, turn right on Fairbanks Road (just before the soccer fields on the right). The pool is on that corner and to the right of the school.

#### BOSTON COLLEGE - CHESTNUT HILL, MA

From Kenmore Square (intersection of Commonwealth Ave. and Beacon St. and within sight of Fenway Park and close to Storrow Drive), go west on Commonwealth ave for two blocks past the armory on the right. Turn right onto Babcock St. Pool is in the big Case Athletic Center one block down on the right.

#### BOSTON UNIVERSITY - BRIGHTON, MA

From Kenmore Square (intersection of Commonwealth Ave. and Beacon St. and within sight of Fenway Park and close to Storrow Drive), go west on Commonwealth ave for two blocks past the armory on the right. Turn right onto Babcock St. Pool is in the big Case Athletic Center one block down on the right.

#### BOWDOIN COLLEGE - BRUNSWICK, ME

From the South: I-95 to Maine Turnpike. Exit 6 to I-295 , which feeds into I-95. Exit I-95 after Freeport exits and go into Brunswick. Go straight on road that ends in downtown Brunswick after strip of gas stations etc. Turn right at end of road. At top of hill is Bowdoin College campus on left. Ask for the field house and pool beyond the campus (not the Curtis pool in the campus).

#### BROWN UNIVERSITY - PROVIDENCE, RI

From the North: Route 95 South to Branch Avenue exit (Exit 24.) Go left on Branch. You will come to an intersection with North Main. See fast food place ahead on right. Cross North Main and go up hill. This is Cypress Street. Stay on Cypress for a couple of blocks to Hope Street; take right onto Hope. The sports complex is at the intersection of Hope and Lloyd.

#### CAMP MINE TA - ALTON BAY, NH

From the South: Take 93 N to 393 North (exit 15). Take 393 (aka U.S. Route 4 and 202) to the Epsom traffic circle. From the circle take 28 North. The camp is right off rte 28 North in Alton, NH. It is 15 miles to the camp. There is a large sign.

#### DEDHAM HIGH SCHOOL - DEDHAM, MA

From Route 128: Take Rt 1 north. Take a right at the 3rd set of lights (about 1 1/2 miles and after Lechmere). Take a left at the second stop sign onto Mt Vernon St. Take a right after the bridge. (1/4 mile) into the parking lot.

#### DOVER INDOOR POOL - DOVER, NH

From Spaulding Turnpike North or South: Take exit 8E. Follow to the third light, a "T" intersection. Turn left. At the Cumberland Farms store, take a right. Go down short, steep hill to bottom. The pool will be directly in front of you. Take a right, then an immediate left to enter the parking lot.

#### EXETER ACADEMY - EXETER, NH

From 95: Take Hampton toll exit. Take Rt 51 towards Exeter. Exit onto Route 108. At bottom of ramp, turn left and go past the strip and bear right into town. Turn left just before the gazebo on the left and go to the end of the short street. Turn left. Curve right and the pool is soon on your left. A modern building in front of an older gymnasium across from tennis courts.

#### HANSCOM AIR FORCE BASE POOL - BEDFORD, MA

From Route 128 (I-95): Take exit 31B (for Routes 4 and 225) towards Bedford; go west about .5 mile. Take a jug-handle turn to the right just before the traffic lights in order to make a left turn onto Hartwell Avenue towards the main gate into Hanscom (about .5 mile). Stop at the gate in the left lane and tell the Security Police that you are attending a swim meet at the pool. Once on the base, you will now be on Barksdale Ave. Continue until you reach the second traffic light (F86 jet airplane displayed on grass). Turn onto Forbes Road and continue past the intersection (P40 prop airplane displayed on grass). The road is now called Marrett. The pool is on the left after three softball fields.

#### HARVARD UNIVERSITY (Blodgett Pool)- CAMBRIDGE, MA

From the Mass. Pike: Take the Cambridge/Allston exit and head towards Cambridge. At the lights just before the Charles River, turn left onto Soldiers Field Road (west). (This road is Storrow Drive heading east to Boston.) (Do not cross the river to Cambridge.) Go through the first set of lights at Western Ave. Take the next exit, marked for Cambridge and Harvard Square. At the lights at the end of this short exit ramp, turn left onto North Harvard St. Blodgett Pool is in the first building on the right. Go past the pool and turn right into the big parking lot with Harvard Stadium in the left background.

#### JENNY THOMPSON POOL - DOVER, NH (formerly the Guppy Pool)

From Spaulding Turnpike North or South: Take exit 8E. Follow to the third light, a "T" intersection. Turn left, and proceed to next light. Go through the light. Follow around the bend; see a white sign for Route 4 (Portland Avenue). Take a right. Go about 1/2 mile, see Philbrick's Sports store on right. The pool is directly across the street.

Phone: 603-743-6085

#### JEWISH COMMUNITY CENTER OF THE NORTH SHORE

4 Community Road

Marblehead, MA 01945

Telephone: 781 631 8330

#### FROM ROUTE 128N AND 128S

Exit route 114E toward Salem, about (3) miles from 128 you will pass by Salem State College heading towards Marblehead. At the (3) third set of lights beyond the college,

turn right onto Smith Street. At the end of Smith Street, turn right onto Atlantic Ave for about 7/10 mile to Community road. Turn right onto Community Road, go to top of hill. The Center is the building on the left. To unload your car, pull into circular driveway. Otherwise, park in the parking lot.

#### FROM BOSTON (or BROOKLINE. Etc)

From Mystic-Tobin Bridge, exit route 16 to 1A, or from Callahan Tunnel follow signs to 1A Lynn, at big Rotary, stay right of Lappin Auto Parts, continuing onto Route 1A (heading North towards Lynn). You will pass Wonderland Dog Track on left and Wonderland T Station on your right. Continue straight through Revere, and Lynn. On Lynnway, follow overhead sign to "NAHANT, SWAMPSCOTT & MARBLEHEAD 129". At rotary, go a little more than half way around rotary and then go straight with ocean on your right.

Follow 129 signs. Stay to left side of fork at gas station (citgo ??) Pass iEntering Marblehead sign on your right. After next traffic light, (Clifton) take 2nd left onto Community Road. JCC is on the left at top of hill. Park in the parking lot.

#### FROM 128S (optional)

Exit 30N, Rte. 129 Lynn, Swampscott. Follow 129 to 107, 129. Turn left (Mobil Station) onto 107 to 129E sign. This will take you to the water. Turn left on 129 (ocean will be on your right). Stay to left of fork when you come to service station (citgo ??) , continue on 129. Just beyond Swampscott / Marblehead line (about 1 mile) is a set of light (Clifton). Take the 2nd left, Community Rd, go to top of hill, the Center is on the left.

#### JOHN'S POND - MASHPEE, MA

John's Pond is on Cape Cod, located in northwest section of Mashpee, behind the Barnstable Fairgrounds.

From Bourne Bridge: Take Route 28 towards Falmouth. Stay on 28 through Otis Rotary. Exit onto Rte 151 towards Mashpee/New Seabury. Follow to Currier Road (just before Fairgrounds). Take left onto Currier Rd, then quick right onto Hoophole Road and follow to stop sign. Take right (Back Road) and follow through Trailer Park to Town Beach.

From Sagamore Bridge: Take Route 6 to Exit 2. Follow Route 130 South into Mashpee. At intersection of Great Neck Road, turn right and follow to Mashpee Rotary. Take first right around Rotary (Rte. 151). Follow past Barnstable Fairgrounds to Currier Road and turn Rright. Take quick right onto Hoophole Road and follow to end. At Stop sign take right and follow to Town Beach.

#### KEEFE TECHNICAL HIGH SCHOOL - FRAMINGHAM, MA

From Route 9 going west: Go about two miles past the malls in Framingham to just past Stop and Shop on left. Be in the right lane to take left at traffic light onto Temple St. Continue to end of Temple. Take a left at T. About 1/4 mile to light at Winter. Right on Winter. Continue about 2 miles to Keefe Tech

Lowell High School, Lowell, MA

From all directions: Route 495 to Lowell. Continue to the Lowell Connector Exit. Take Exit 5N (North) onto Thorndike Street. Continue on Thorndike Street past one (usually) blinking light. After you go under the overpass, squeeze into the right lane and bear right onto Dutton Street. Continue 4/10ths of a mile to the third set of lights, (the end of Dutton Street). Cobblestone's Restaurant is directly in front of you. Take a 45 degree left on to Archand Drive. The police station is now on your left. Lowell High School is to your right. Proceed to the only light and the Ayotte Parking Garage is directly in front of you. Map: <http://lhs.lowell.k12.ma.us/lhsmap.html>

#### MANCHESTER YMCA ALLARD CENTER - GOFFSTOWN, NH

From all directions: Interstate 293 to exit #6, for Amoskeag Bridge/Manchester. Proceed around an oval rotary following the signs for Goffstown Road, also known as Goffstown Back Road. Take Goffstown Road for approximately 4 miles. The Allard Center will be on your left.

Phone: 603-497-4663

#### MIT - CAMBRIDGE, MA

Coming from Boston on Massachusetts Avenue: Cross the Charles River and take a left on Vassar Street. The pool is the second building on the left. Parking is scarce, but available on street or in an MIT lot after hours.

#### MCDERMOTT POOL - WARWICK, RI

From 95 South: Take the Airport exit in Warwick, RI, then take the Route 1 South exit off the airport exit roadway. Follow Route 1 South approximately 3/4 mile. Do not take the by-pass roadway, but bear right up a slight hill to a red light. Take a left at this light (Main Avenue). Follow Main Avenue to a red light immediately after the airport (Industrial Road). Take a left on Industrial Road; take a right at Strawberry Field Road. Follow Strawberry Field Road to the end (red light). Take left onto Sandy Lane. McDermott Pool is on the left at the rear of a large parking lot and is part of the Mickey Stevens Athletic Complex.

#### MEDFORD HIGH SCHOOL - MEDFORD, MA

From Route 128: 128 South to Route 38 South. Follow 38 South through Woburn into Winchester. Go left at a Super Stop and Shop, under a railroad bridge and up a small hill; you will come to a small rotary. Follow signs for 38S through the rotary; 38S will also be called Main Street at this point. Follow Main Street; it will become Winthrop Street as you enter Medford (see town sign on right). The driveway to Medford High School is about .7 mile from the Medford town sign on the left side of the road. If you come to a Temple on the left, you have gone too far.

From Route 93 North or South: Take exit 32, for Medford Square. From the North, take first right off of rotary; from the south, go 3/4 way around the rotary to the exit for Route 60/Medford Square. Go straight through the light as you approach Medford Square, then try to get into the right or center lane. At the next light, you will be in Medford Square. Continue straight on this road (this will involve veering slightly to the right). At the next light, go straight again; you should now see a church on your left. Now you will come to another rotary; exit immediately onto Winthrop Street. Go straight through the next light.

Approximately .25 down Winthrop street, you will see a Temple on the right. The entrance to the High School is the first right after the Temple.

#### NASHUA BOYS' and GIRLS' CLUB - NASHUA, NH

From Everett Turnpike (Rt 3) southbound: Take Exit 5 (Rt 111) east toward Nashua. Keep taking rights (2) until you cross the highway. (Route may vary due to construction). Take the first left after crossing over the highway onto New Dunstable Road. Go straight at the lights to cross over west Hollis Street and pass Soucey's market on the right. Go to the end of the road and take a right onto Ledge street. Take the first left (after the ball field) onto 7th street. Take the first left (circling the ball field) onto Grand Ave. The Boy's Club is on the right at the end of the road. When inside, go downstairs to get to the locker rooms.

From Everett Turnpike (Rt 3) northbound: Take Exit 5E (Rt 111) east toward Nashua. Merge into Kinsley St. Just before the hospital (on right) take a left at the light onto Marker Street. Go straight at the lights to cross over west Hollis Street and pass Soucey's market on the right.

Go to the end of the road and take a right onto Ledge street. Take the first left (after the ball field) onto 7th street. Take the first left (circling the ball field) onto Grand Ave. The Boy's Club is on the right at the end of the road. When inside, go downstairs to get to the locker rooms.

From Rt 111 east of Nashua: On Rt 111 cross over the Merrimack River from Hudson to Nashua. Follow the fork to the left to stay on Rt 111. Travel about 1 mile. Cross Main St. (Note City Hall on the Right). Travel another 1 mile. Take a right at the lights at Soucey's Market.

Go to the end of the road and take a right onto Ledge street. Take the first left (after the ball field) onto 7th street. Take the first left (circling the ball field) onto Grand Ave. The Boy's Club is on the right at the end of the road. When inside, go downstairs to get to the locker rooms.

#### NORTHEASTERN UNIVERSITY - BOSTON, MA

Pool location: Corner of Forsyth St. and Huntington Ave. between Museum of Fine Arts and YMCA.

From Route 93 N or S: Take the Massachusetts Ave. exit. After the intersection with Columbus Ave., take a left onto St. Botolph St., a right on Gainsborough, a left onto Huntington Ave. and left onto Forsyth St.

From 128/Mass Pike: Take the Prudential Center exit, continue on Huntington Ave., and take a left on Forsyth St.

From Route 128: From Route 128 N or S, take Route 9 East. Continue past the Museum of Fine Arts and take a right onto Forsyth St.

Parking: At the end of Forsyth St. on the right side.

Pool entrance: East door of the Cabot Physical Education Building which connects with the Natatorium.

#### NORTHERN YORK COUNTY YMCA - BIDDEFORD, ME

Take Maine Turnpike to Exit 4 for Biddeford. Turn left onto Route 111. Turn left after 1/2 mile at brown sign for Alfred Road Business Park. Turn left after 50 yards into YMCA parking lot.

#### PORTSMOUTH HIGH SCHOOL - PORTSMOUTH, NH

From I-95 North or South: Take Exit 5 to the Portsmouth traffic circle. Follow signs for Route 1 Bypass South (to Beaches/Hampton). Go to the third light (about one mile) and take a left. Go up the short hill to the stop sign and take a very sharp right. Go 60 yards to the blinking yellow light, and take a left onto Andrew Jarvis Drive. You will see the Portsmouth High School straight ahead. The pool is on the right and has a white plastic roof.

#### PROVIDENCE COLLEGE - PROVIDENCE, RI

From the North: Take I-95 south. Take the Branch Ave exit. Bear right onto Branch Ave. At the end of Branch, take a hard left on Douglas. Turn right on River St, left on Admiral, right on Huxley, and right into Providence College. (If you miss River St, turn right on Eaton and follow directions below.)

From the South: Take I-95 north. Take the "State Offices" exit. Bear right off the exit and right at the fork onto Douglas (Rt 7). Left on Eaton, right on Huxley, and right into Providence College. If you miss Eaton, take a left on River and follow directions above.

#### ROSEMARY POOL - NEEDHAM, MA

From Rt 128 (I-95): Take Highland Ave (exit 19B) towards Needham for 1.4 miles to the 4th set of lights; see Sudbury Farms on the far right corner. Turn right on Rosemary Street; go about 49.51 meters to the pool driveway on the left.

#### SALEM STATE COLLEGE - SALEM, MA

Route 128 North to the exit for Route 114 East. Follow 114 (which winds around a lot) into Salem. You will come to an intersection at which you will see a Domino's ahead on the right, and a Big Fred's Roast Beef ahead on the left. Bear right here onto Canal street. Follow Canal Street for a couple of blocks; the O'Keefe Center will be on your left. Entrance to pool is on left as you come in parking lot; go up ramp.

#### SIMMONS COLLEGE - BOSTON, MA

From the Mass Pike: Take the Allston/Cambridge exit and head towards Cambridge. Take Storrow Drive towards Boston (it's the right turn before crossing the Charles River into Cambridge). Take the exit onto The Fenway/Route 1 South (it's the exit immediately after the Kenmore Square exit). Keep right on the overpass past the first sign, Boylston Street Outbound/Fenway. Then get into the left lane and exit onto Park Drive. Continue on Park Drive until you reach the first major intersection, Brookline Avenue. After crossing Brookline Avenue, get into the far left lane and bear left following the sign pointing to the Fenway (you will have just reversed your direction). Continue straight, again crossing Brookline Avenue, onto The Fenway. Take the first right onto Avenue Louis Pasteur. The Simmons parking lot is the next left off of Ave Louis Pasteur. The pool is on Brookline Avenue, somewhat across the street from the emergency exit for

Beth Israel hospital. (On Sundays, parking may be available on Brookline Avenue.  
Landmark reference point: Fenway Park is about a half mile east on Brookline Avenue.)

#### TWIN OAKS SWIM and FITNESS CLUB - SOUTH BURLINGTON, VT

Take I-89 to 189 exit, then left onto Shelburne Road (Route 7 South). Take a left at the first set of lights onto Swift Street (see Denny's on corner), then first left off of Swift onto Farrell Street. Twin Oaks Sports and Fitness will be on the left across from the Olympiad.

#### UNIVERSITY OF NEW HAMPSHIRE - DURHAM, NH

From 95N in New Hampshire: Take Exit 4 for Spaulding Turnpike. Take exit 6W off of the Spaulding, for Concord/Durham; this is Route 4W. Go four miles, then through a traffic light, 1.5 miles more to the Route 155A exit for UNH. Take a left off the exit ramp, proceed one mile to the Field house, which is on the right after the tennis courts. The pool is in the Field House, with parking across the street.

From 93N in New Hampshire: Take Route 393 which will merge into Route 4 East. Follow Route 4 to Route 155A exit, take a right off the exit, proceed one mile to the Field house, which is on the right after the tennis courts. The pool is in the Field House, with parking across the street.

#### YALE UNIVERSITY - NEW HAVEN, CT

Payne Whitney Gym Exhibition Pool

I-95S or I-95N: Take Downtown Exit 47. Follow connector to end (Exit 3). At the end of the ramp, take a right onto York St. Follow York St. to Tower Parkway (5th light) and take a left on to Tower Parkway. The gym will be directly in front of you. Parking is on the street.

From I-91 going south: Take Downtown New Haven Exit #1, then follow directions from "Follow connector to end," above.

#### YMCA OF GREATER WESTFIELD - WESTFIELD, MA

From the Mass Pike: Take Exit 3. Take a right onto 10-202 south. Follow to rotary in center of Westfield. At rotary, take first right onto Court St. Go straight through one way traffic light. YMCA is 100 yards on right next to City Hall. Park in rear.

#### WHEATON COLLEGE - NORTON, MA

From 95 N or S: 495 south to exit #11, Rt 140 south to Norton. Go 2-3 miles past a mall and reservoir to a T intersection. Turn left. Don't take the immediate right. Take the second right onto Howard Road. Take the first left at the small blue Wheaton sign onto College Road. Go over 2 speed bumps to the athletic building on the right.

#### WILLEY'S POND - BARNSTEAD, NH

Willey's Pond at Camp Foss

From the North and South: Take I-93 to exit 15 in Concord. Take I-393 to US Route 4 to the Epsom traffic circle. Take Route 28 North 11 miles to Rt 126. Turn right onto Rt 126 South (a.k.a. South Barnstead Road). Proceed 4.4 miles and turn right onto Parson's Hill Road. There is a sign for Camp Foss. Proceed 0.7 mile and turn left onto Willey's Pond Road (dirt road). Proceed 1 mile to the camp. Parking will be on the right.