

INDOOR LAP SWIM

POOL SCHEDULE MONDAY-FRIDAY

Effective September 26-October 16, 2022

	INDOOR RACE POOL	INDOOR SPECIALTY POOL (NO LANE LINES)	INDOOR DIVE TANK	HOT TUB & DRY SAUNA
5-6AM	Swim Team Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	Open
6-7AM	Swim Team (until 6:30am) Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	Open
7-8AM	Lap Swim (at least 2 lanes)	Open Exercise	Aqua Fitness (Monday-Friday)	Open
8-9AM	Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	Open
9-10M	Lap Swim (at least 2 lanes)	Aqua Fitness (Tuesday, Wednesday & Friday) Open Exercise (Monday & Thursday)	Open Exercise	Open
10-11 AM	Lap Swim (at least 2 lanes)	Aqua Fitness (Tuesday & Wednesday) Open Exercise (Monday, Thursday & Friday)	Open Exercise	Open
11AM-12PM	Lap Swim (at least 2 lanes)	Swim lessons (Monday & Wednesday) Aqua Fitness (Thursday & Friday) Open Exercise (Tuesday)	Aqua Fitness (Monday-Wednesday) Open Exercise (Thursday & Friday)	Open
12-1 PM	Lap Swim (at least 2 lanes)	Swim lessons (Monday & Wednesday) Aqua Fitness (Tuesday & Thursday) Open Exercise (Friday)	Open Exercise	Open
1-2 PM	Lap Swim (at least 2 lanes)	Swim lessons (Monday & Wednesday) Open Exercise (Tuesday, Thursday & Friday)	Open Exercise	Open
2-3 PM	Lap Swim until 2:50pm (at least 2 lanes)	Open Exercise until 2:50pm	Open Exercise until 2:50pm	Open
3-4 PM	Swim team	Swim team	Swim team	Open
4-5 PM	Swim team Pre-comp	Swim team Pre-comp	Swim team Pre-comp	Open
5-6 PM	Swim team	Swim team Pre-comp	Swim team Pre-comp	Open
6-7 PM	Swim team Pre-comp Lap Swim at 6:45pm (Monday- Thursday) (at least 2 lanes) CLOSED Friday	Swim lessons (Tuesday & Thursday) Open Exercise (Monday & Wednesday) CLOSED Friday	Aqua Fitness (Monday & Wednes- day) Splashball & Jr. Polo (Tuesday & Thursday) CLOSED Friday	Open (Monday-Thursday) CLOSED Friday
7- 8 PM	Swim team/swim lessons Lap Swim until 7:15pm (Monday & Wednesday) Lap Swim Tuesday & Thursday) (at least 2 lanes) CLOSED Friday	CLOSED (Monday & Wednesday) Open Plunge (Tuesday & Thursday) CLOSED Friday	CLOSED (Monday & Wednesday) Open Plunge (Tuesday & Thursday) CLOSED Friday	Open until 7:15pm (Monday & Wednesday) Open (Tuesday & Thursday) CLOSED Friday
8:00-8:30 PM	CLOSED Monday, Wednesday & Friday) Lap Swim (Tuesday & Thursday) Water walking (at least 2 lanes) *POOL CLOSSES AT 8:30PM*	CLOSED Monday, Wednesday & Friday) Open Plunge (Tuesday & Thursday) *POOL CLOSSES AT 8:30PM*	CLOSED Monday, Wednesday & Friday) Open Plunge (Tuesday & Thursday) *POOL CLOSSES AT 8:30PM*	CLOSED Monday, Wednes- day & Friday) Open (Tuesday & Thursday) *POOL AREA CLOSSES AT 8:30PM*

Our pools are for multiple uses. Facility programs may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If 2 or more swimmers need to share a lane, circle swimming must be used. Swimmers must be at least 14 years of age to be in the lap lanes. (Note: children under the age of 14 may use the lap lanes with the Site Supervisor's approval. However they must be actively swimming laps the entire time.)

Open exercise applies to lap swim and water walking. No lane lines or facility equipment available

SCHEDULE SUBJECT TO CHANGE

INDOOR LAP SWIM

POOL SCHEDULE SATURDAY & SUNDAY

Effective September 26-October 16, 2022

SATURDAY	INDOOR RACE POOL	INDOOR SPECIALTY POOL (NO LANE LINES)	INDOOR DIVE TANK	HOT TUB & DRY SAUNA
8-9AM	Lap Swim (at least 2 lanes)	Open Exercise	Aqua Fitness	Open
9-10AM	Lap Swim (at least 2 lanes)	Swim Lessons	Open Exercise	Open
10-11AM	Lap Swim (at least 2 lanes)	Swim Lessons	Open Exercise	Open
11AM –12PM	Lap Swim (at least 2 lanes)	Swim Lessons	Open Exercise	Open
12-1 PM	Lap Swim (at least 2 lanes)	Open Plunge	Open Plunge	Open
1-2PM	Lap Swim (at least 2 lanes)	Open Plunge	Open Plunge	Open
2-3PM	Lap Swim (at least 2 lanes)	Open Plunge	Open Plunge	Open
3-4PM	Lap Swim (at least 2 lanes)	Open Plunge	Open Plunge	Open

SUNDAY	INDOOR RACE POOL	INDOOR SPECIALTY	HOT TUB & SAUNA
11:00AM-3:30PM	Lap Swim Water Walking	OPEN PLUNGE	OPEN

Open exercise applies to lap swim and water walking. No lane lines or facility equipment available

SCHEDULE SUBJECT TO CHANGE