

INDOOR LAP SWIM

POOL SCHEDULE MONDAY-FRIDAY

Effective September 6-October 16, 2022

	INDOOR RACE POOL	INDOOR SPECIALTY POOL (NO LANE LINES) EFFECTIVE SEPT. 12	INDOOR DIVE TANK	HOT TUB & DRY SAUNA
5-6AM	Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	Open
6-7AM	Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	Open
7-8AM	Lap Swim (at least 2 lanes)	Open Exercise	Aqua Fitness (Monday, Tuesday, Thursday & Friday) Open Exercise (Wednesday)	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 & Fri- day)	Open Exercise	Open
11AM- 12PM	Lap Swim (at least 2 lanes)	Swim lessons (Monday & Wednesday) Open Exercise (Tuesday, Thursday & Fri- day)	Open Exercise	Open
12-1 PM	Lap Swim (at least 2 lanes)	Swim lessons (Monday & Wednesday) Open Exercise (Tuesday, Thursday & Fri- day)	Open Exercise	Open
1-2 PM	Lap Swim (at least 2 lanes)	Swim lessons (Monday & Wednesday) Open Exercise (Tuesday, Thursday & Fri- day)	Open Exercise	Open
2-3 PM	Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	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 (at least 2 lanes)	Swim lessons (Tuesday & Thursday) Open plunge (Monday & Wednesday)	Splashball & Jr. Polo (Tuesday & Thursday) Open Plunge (Friday)	Open
7- 8 PM	Swim team/swim lessons Lap Swim (at least 2 lanes)	Open Plunge (Tuesday & Thursday)	Open Plunge (Monday-Friday)	Open
8:00-8:30 PM	Lap Swim Water walking (at least 2 lanes) *POOL CLOSSES AT 8:30PM*	Open Plunge *POOL CLOSSES AT 8:30PM*	Open Plunge *POOL CLOSSES AT 8:30PM*	Open *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

SATURDAY	INDOOR RACE POOL	INDOOR SPECIALTY POOL (NO LANE LINES)	INDOOR DIVE TANK	HOT TUB & DRY SAUNA
6-7AM	Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	Open
7-8 AM	Lap Swim (at least 2 lanes)	Open Exercise	Open Exercise	Open
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
4-5PM	Lap Swim (at least 2 lanes)	Open Plunge	Open Plunge	Open
5-6PM	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