

2023-2024 FALL/WINTER POOL SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM	Gym Closed	Lap Swim 5:00-7:30 am	Lap Swim 5:00-7:30 am	Lap Swim 5:00-7:30 am	Lap Swim 5:00-7:30 am	Lap Swim 5:00-8:30 am	Gym Closed	
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim & Aqua Therapy Combo 8:30-11:00 am	Lap Swim 8:00 am-Noon	
9:30 AM								
10:00 AM	Lap Swim 10:00 am-Noon	No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics	No Instructor Aerobics		
10:30 AM								
11:00 AM								
11:30 AM	Open Swim Noon-2:45 No Guard on Duty	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 7:00 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 4:30 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 7:00 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 4:30 pm	Lap Swim / Private Lessons / Aqua Therapy Combo Noon- 7:00 pm		FREE FAMILY SWIM DAY for MEMBERS Noon-5:00 pm
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM			Gym Closing at 5 pm beginning 10/1	Swim Club	Elevate Swim Team	Swim Club	Elevate Swim Team	
4:00 PM								
4:30 PM	Gym Closed	Open Swim 7:00-9:00 pm	Swim Lessons	Open Swim 7:00-9:00 pm	Swim Lessons	Open Swim 7:00-9:30 pm	Lap Swim 5:00-7:30 pm	
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								