

WINTER 2023 POOL SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM	Gym Closed	<i>Lap Swim</i> 5:00-7:30 am	<i>Lap Swim</i> 5:00-7:30 am	<i>Lap Swim</i> 5:00-7:30 am	<i>Lap Swim</i> 5:00-7:30 am	<i>Lap Swim</i> 5:00-11:00 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	<i>Lap Swim</i> 9:30-11:00 am	<i>Lap Swim</i> 8:30-11:00 am	<i>Lap Swim</i> 8:30-11:00 am	<i>Lap Swim</i> 8:30-11:00 am	<i>Lap Swim</i> 8:30-11:00 am	<i>Lap Swim</i> 8:00 am-Noon		
9:30 AM								
10:00 AM	<i>Lap Swim</i> 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-4:45 pm	<i>Lap Swim</i> & Private Lessons Combo Noon- 5:30 pm	<i>Lap Swim</i> & Private Lessons Combo Noon- 5:30 pm	<i>Lap Swim</i> & Private Lessons Combo Noon- 5:30 pm	<i>Lap Swim</i> & Private Lessons Combo Noon- 5:30 pm	<i>Lap Swim</i> & Private Lessons Combo Noon- 7:00 pm	FREE FAMILY SWIM DAY for MEMBERS Noon-7:30 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								
4:00 PM								
4:30 PM								
5:00 PM	Gym Closed	ISU Swim Team	Elevate Swim Team	ISU Swim Team	Elevate Swim Team	<i>Lap Swim</i> 9:00-9:45 pm	Gym Closed	
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM		Open Swim 7:00-9:00 pm	<i>Swim Lessons</i>	Open Swim 7:00-9:00 pm	<i>Swim Lessons</i>			Open Swim 7:00-9:00 pm
7:30 PM								
8:00 PM		Open Swim 7:00-9:00 pm	Open Swim 8-9 pm	Open Swim 7:00-9:00 pm	Open Swim 8-9 pm			Open Swim 7:00-9:00 pm
8:30 PM								
9:00 PM								
9:30 PM								