



Adult Swim	Pool reserved for our adult members
Swim Lessons	Fee based group swimming lessons, by registra on only
Skids	Pool reserved for Sportsclub Kids
Li le Duckies	Fee based group lessons for young children, by registra on only
Open Swim	All independent or privately coached ac vi es
Aqua Fitness	Pool reserved for instructor led group fitness class
PreSAIL	Fee based stroke clinic, by registra on only

Pool Temperature: A therapeutic 86° F
Pool Length: 15 Meters (52 round-trips=1 mile)

Pool is CLOSED Wednesdays 4:00-6:00pm for lessons and 3:30-4:00pm for Skids.

		5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
SUNDAY	Lane 1	Pool Opens 7:30am			Adult Swim			Open Swim						Adult Swim			Pool Closes 7:30pm		
	Lane 2																		
	Lane 3																		
	Lane 4																		
MONDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion p.r.e.p.* friendly 10:15-11:15 (pool closed)	Open Swim				PreSAIL 4:00-4:45	Swim Lessons 5:00-5:45	Aqua Fitness 6:00-7:00 (pool closed)	Open Swim			Pool Closes 10:00pm	
	Lane 2																		
	Lane 3																		
	Lane 4																		
TUESDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Little Duckies 10:15-11:00	Swim Lessons 11:15-12:00	Open Swim						Aqua Fitness 5:45-6:45 (pool closed)	Open Swim			Pool Closes 10:00pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
WEDNESDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion p.r.e.p.* friendly 10:15-11:15 (pool closed)	Open Swim				Little Duckies 2:00-2:45	Skids 4:15-5:00	Swim Lessons 5:15-6:00	PreSAIL 6:15-7:00	Adult Lessons 7:00-7:45	Pool Closes 10:00pm		
	Lane 2																		
	Lane 3																		
	Lane 4																		
THURSDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Open Swim						Little Duckies 4:45-5:30	Aqua Fitness 5:45-6:45 (pool closed)	Open Swim			Pool Closes 10:00pm	
	Lane 2																		
	Lane 3																		
	Lane 4																		
FRIDAY	Lane 1	Pool Opens 5:00am	Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion p.r.e.p.* friendly 10:15-11:15 (pool closed)	Open Swim				SKids 3:00-3:30 (pool closed)	Open Swim				Pool Closes 9:30pm		
	Lane 2																		
	Lane 3																		
	Lane 4																		
SATURDAY	Lane 1	Pool Open 7:30am			Adult Swim			Aqua Fitness 9:00-10:00 (pool closed)	Little Duckies 10:15-11:00	Swim Lessons 11:10-11:55	Open Swim						Pool Closes 7:30pm		
	Lane 2																		
	Lane 3																		
	Lane 4																		