NO ONE under 14, including children 11-13 who have completed Youth Experience, may use the pool without a parent or guardian (adult member over the age of 18). Parent/guardian must be within sight at all times. NO ONE under 14, including children 11-13 who have completed Youth Experience, is permitted in the Hot Tub, Steam Room, or Sauna.

Please Note: Assigned lanes are reserved for class participants only during scheduled activities. Pool is CLOSED during all Aqua Fitness or Fluid Motion classes. Pool is CLOSED during Skids.

Adult Swim

Swim Lessons

Fee based group swimming lessons, by registration only
Skids

Open Swim

Aqua Fitness

Pool reserved for Sportsclub Kids

Open Group Swim

All independent or privately coached activities

Pool reserved for instructor led group fitness class

Pool Temperature: A therapeutic 86° F

Pool Length: 15 Meters (52 round-trips=1 mile)

			5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
SUN	Lane 2 Lane 3 Lane 4	Pool Opens 7:30 *Starting Aug 12 opens at 6:30					wim	Open Swim											Closes 00	
MON	Lane 1 Lane 2 Lane 3 Lane 4	Pool Opens 5:00	Adult Swim				Aqua Fitness 9:00-10:00 (pool closed)			Maintenance 1:00-2:00 *1st and 3rd Monday of month* (pool closed)				Swim Lessons 4:30-7:15				ol Closes 9:30		
TUE	Lane 1 Lane 2 Lane 3 Lane 4	Pool Opens 5:00	Adult Swim				Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons							Aqua Fitne 5:30-6: (pool clos	:30	Open Swim	Pool Closes 9:30		
WED	Lane 1 Lane 2 Lane 3 Lane 4	Pool Opens 5:00	Adult Swim				Aqua Fitness 9:00-10:00 (pool closed)	11.00		Open Swim					Lesson		Adult Lessons 7:15-7:45	Pool Closes 9:30		
THU	Lane 1 Lane 2 Lane 3 Lane 4	Pool Opens 5:00	Adult Swim				Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:3		Open Swim					Aqua Fitne 5:30-6: (pool clos	:30	Open Swim		ol Closes 9:30	
FRI	Lane 1 Lane 2 Lane 3 Lane 4	Pool Opens 5:00	Adult Swim				Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15- 11:00 (pool closed)		Open Swim 3:45- 4:30 (pool closed)				:30 ol	Open Swim			Pool Closes 8:00		
SAT	Lane 1 Lane 2 Lane 3 Lane 4		Pool Ope 7:30 g Aug 12 o _l			dult Swim	Aqua Fitness 9:00-10:00 (pool closed)		im Lesso 0:15-1:00		Open Swim								Pool Closes 8:00	