



WINTER POOL SCHEDULE 2023

Last change: September 5, 2022

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
INDOOR POOL	Club Opens 4:30 AM					Opens 7AM	Opens 8AM
Opening - 8:55 AM	Adult / Lap Swim						
<i>** Lap Lanes will be taken down at 8:55 AM to prepare pool for Hydroaerobics **</i>							
9:00 AM - 10:00 AM	Aqua Cardio Challenge (Pool Reserved)	Deep Water Intensive (Pool Reserved)	Aqua Cardio Challenge (Pool Reserved)	Deep Water Intensive (Pool Reserved)	Aqua Cardio Challenge (Pool Reserved)		Adult / Lap Swim
10:10 AM - 3:30 PM	Open Swim / Lap Swim					Guarded Swim Lap Swim (Guard on Duty)	
3:30 PM - 6:20 PM	Guarded Swim / Lap Swim (Guard on Duty)					CLUB CLOSSES AT 3:45 PM	
6:20 PM - 7:20 PM	Guarded Swim Lap Swim (Guard on Duty)	Guarded Swim Lap Swim (Guard on Duty) 6:00-7:00 PM AQUA BOOT CAMP (reserved 2 lanes)	Guarded Swim Lap Swim (Guard on Duty)	Guarded Swim Lap Swim (Guard on Duty) 6:00-7:00 PM AQUA BOOT CAMP (reserved 2 lanes)	Guarded Swim Lap Swim (Guard on Duty)	CLUB CLOSSES AT 6 PM	
7:20 PM - CLOSING	Guarded Swim / Lap Swim (Guard on Duty)						
POOL CLOSES	9:45 PM	9:45 PM	9:45 PM	9:45 PM	8:45 PM	5:45 PM	3:45 PM

DEFINITIONS	
ADULT/LAP SWIM	High school students and older or others with lifeguard approval
OPEN SWIM	MUST BE OVER 14 YEARS OLD. Children under 14 years old must have direct adult supervision. Any Non-swimmers must have close adult supervision (arms length away). Swimmers must be able to swim 15 yds. comfortably without aids. No open swim during swimming lessons
GUARDED SWIM	Guarded at all times. Children over 6 yr. and older who can comfortably swim 2 width of the pool maybe in without floatation aids. Any non-swimmers must have close supervision within arms length.
HYDROAEROBICS	Pool Closed for Hydroaerobics Only. ** Lap lanes will be taken down no sooner than 5 minutes before class time.
SWIM LESSONS	Some areas reserved just for private swim lessons only .

HOT TUB STEAM ROOM DRY SAUNA	OPEN - NO CHILDREN UNDER 5 YRS.OLD IN HOT TUBS (STATE LAW) - No children under 14 yrs. old in the steam room or dry sauna. NO OILS OR FRAGRANCES AND NO SHAVING IN THESE AREAS
THE POOL IS A SHARED SPACE. BE COURTEOUS. BE KIND.	