

Sunday 7:00am-4:30pm	Monday 5:00am-9:00pm	Tuesday 5:00am-9:00pm	Wednesday 5:00am-9:00pm	Thursday 5:00am-9:00pm	Friday 5:00am-7:30pm	Saturday 7:00am-4:30pm
7:00 am – 8:00 am Pool Closed Aqual Pursuit	5:00am-8:55am 4* Lanes Water Walk/Laps	5:00am- 11:55am 4* Lanes Water Walk/Laps	5:00am-8:55am 4* Lanes Water Walk/Laps *8:30am-10:00am* Sauna Closed Cleaning	5:00am- 11:55am 4* Lanes Water Walk/Laps *6:30am-2pm* Hot Tub Closed Cleaning	5:00am-8:55am 4* Lanes Water Walk/Laps	7:00am-7:55am 4* Lanes Water Walk/Laps
8:00am-12:00pm 4* Lanes Water Walk/Laps	9:00am -10:00am Pool Closed Water Fitness	12:00pm-1:00pm Pool Closed Aqua ROM	9:00am -10:00am Pool Closed Water Fitness	12:00pm-1:00pm Pool Closed Aqua ROM	9:00am -10:00am Pool Closed Water Fitness	8:00am-9:00am Pool Closed Water Fitness
12:00pm-2:30pm 2 Lanes Family Swim First/last Sunday of the month only. 2* Lanes Water Walk/Laps	10:05am-5:55pm 4* Lanes Water Walk/Laps	1:05pm-4:15pm 4* Lanes Water Walk/Laps	10:05am-3:25pm 4* Lanes Water Walk/Laps	1:05pm-4:15pm 4* Lanes Water Walk/Laps	10:05am-5:00pm 4* Lanes Water Walk/Laps	9:00am-12:40pm Swim Lessons Pool Closed
2:30pm-4:30pm 4* Lanes water Walk/Laps	6:00pm – 7:00pm Pool Closed Water Fitness	4:30pm-6:00pm Swim Lessons Pool Closed	3:30pm-5:55pm SRACLC 2 Lanes 2* Lanes Water Walk/Laps	4:30pm-6:00pm Swim Lessons Pool Closed	5:00pm-7:30pm 2 Lanes Family Swim First/last Friday of the month only. 2* Lanes Water Walk/Laps	1:30pm-2:30pm 2 Lanes Family Swim First/last Saturday of the month only. 2* Lanes Water Walk/Laps
	7:00pm -8:30pm 4* Lanes Water Walk/Laps	6:00pm-7:00pm Swim Lessons 2 Lanes 2* Lanes Water Walk/Laps	6:00pm-7:00pm Pool Closed Water Fitness	6:00pm-7:05pm GLASA 2 Lanes 2* Lanes Water Walk/Laps		12:40pm-4:30pm 4* Lanes Water Walk/Laps
		7:00pm-8:30pm 4* Lanes Water Walk/Laps	7:05pm-8:30pm 4* Lanes Water Walk/Laps	7:10pm-8:10pm Pool Closed Water Fitness		
				8:15pm-8:30pm 4* Lanes Water Walk/Laps		

***An asterisk indicates that a lane may be used for private swim lessons during this time frame.**

Indoor Pool notes:

Family Swim

Family Swim is scheduled on the **first and last weekend of the month** on **Friday 5pm-7:30pm, Saturday 1:30pm-2:30pm and Sunday 12pm-2:30pm**. Reminder, children 15 and younger must swim with a parent/guardian 18 years or older who remains within arms reach.

Non-Family Swim hours

Ages 11 and younger are not permitted. Ages 12-15 must lap swim with a parent/guardian 18 years or older in the water with them and 2 lifeguards must be on duty. Ages 16-17 must lap swim and have a parent sign a waiver.

Lap Swimming Etiquette

1. Please swim in a counter-clockwise pattern.
2. Notify all swimmers in a lane before you enter and begin swimming.
3. When entering a lane, give the current swimmer the right of way.
4. Limit the amount of time resting at the end of the lane.
5. Please move to the side of the lane when resting.
6. Patrons performing other activities, such as water aerobics or water walking, are asked to stay in the lanes closest to the longer pool walls when there is a high volume of lap swimmers. Please note: **there are no designated lap lanes or water walking lanes.**

Indoor Pool phone number: 847.388.5436