



# 2017 SUMMER POOL SCHEDULE

INDOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CLUB OPENS</b>	<b>4:30 AM</b>	<b>4:30 AM</b>	<b>4:30 AM</b>	<b>4:30 AM</b>	<b>4:30 AM</b>	<b>7 AM</b>	<b>8 AM</b>
Opening - 6:00 AM	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim
6-7 AM	CrossFit Endurance / Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	CrossFit Endurance / Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim
7-8:25 AM	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Performance Swim / Open Swim	Lap Swim/ Open Swim
8:30-9:30 AM	Aqua Splash/ Cardio Blast	Deep Aqua	Aqua Splash/ Cardio Blast	Deep Aqua	Aqua Challenge	Deep Aqua Intensive	Lap Swim/ Open Swim
9:30-10:25 AM	Gentle Waves	LESSONS	LESSONS	LESSONS	Gentle Waves	Lap Swim/ Open Swim	Lap Swim/ Open Swim
10:30 - 12:10 PM	Lap Swim/ Open Swim Phys. Therapy	LESSONS Phys. Therapy	LESSONS Phys. Therapy	LESSONS Phys. Therapy	Lap Swim/ Open Swim Phys. Therapy	Lap Swim/ Open Swim	Lap Swim/ Open Swim
12:10-4:30 PM	Lap Swim/ Phys. Therapy Open Swim	Lap Swim/ Phys. Therapy Open Swim	Lap Swim/ Phys. Therapy Open Swim	Lap Swim/ Phys. Therapy Open Swim	Lap Swim/ Phys. Therapy Open Swim	Lap Swim/ Open Swim	<b>POOL CLOSES AT 3:45 PM</b>
4:30-7:00 PM	Lap Swim/ Open Swim	LESSONS +2 Lanes reserved until 7:30 PM	LESSONS	LESSONS +2 Lanes reserved until 7:30 PM	Lap Swim/ Open Swim	Lap Swim/ Open Swim	
7:00- 8:00 PM	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	
8:00-8:45 PM	Lap Swim/ <b>GUARDED SWIM</b>	Lap Swim/ <b>GUARDED SWIM</b>	Lap Swim/ <b>GUARDED SWIM</b>	Lap Swim/ <b>GUARDED SWIM</b>	Lap Swim/ <b>GUARDED SWIM</b>	<b>POOL CLOSES at 7:45 PM</b>	
9:00- 10:15 AM	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	Lap Swim/ Open Swim	<b>POOL CLOSES at 8:45 PM</b>	<div style="background-color: #f4a460; padding: 5px; border: 1px solid black;">           On occasion we reserve the pool for member activities. Please check newsletters and flyers for details.         </div>	
<b>JUNIOR CURFEW 9:00 PM - All juniors under 16 years must be accompanied by an adult.</b>							
	<b>POOL CLOSES AT 10:15 PM</b>						
OUT DOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00- 7:45 PM	<b>GUARDED SWIM</b>						11AM-3:45PM <b>GUARDED SWIM</b>

UPDATED: MAY 15 2017

- Lap Swimming** - High school students and older or others with lifeguard approval.
- Open swim** - For adults, children 14 years or older, and other children with adult supervision.  
Any non-swimmer must have close adult supervision ( within arms length).  
No open swim during swim lessons
- Physical Therapy** - No Lap swimming outside the Lap Lanes . Be respectful of Therapy Patients.
- Guarded swim** - guarded at all times. Children 6 yrs. and older who can comfortably swim 2 widths of the pool without floatation aids, may use the pool during recreation swim.  
Any non-swimmers must have close supervision within arms length.
- \* Definition of swimmer - must be able to comfortably swim width of the pool without any floatation aids.
- Hydro-aerobics/ Gentle Waves - Pool Closed for Hydroaerobic participants only.

IN THE EVENT OF INCLEMENT WEATHER, WE WILL MOVE RECREATIONAL SWIM INTO THE INDOOR