

## Adventure Pool Schedule

### Winter 2024: January 21–March 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00–8:00 AM Lap Swim (4)	5:00-9:00 AM Lap Swim (4)	5:00-8:00 AM Lap Swim (4)	5:00-9:00 AM Lap Swim (4)	5:00-8:00 AM Lap Swim (4)	6:00AM-Noon Lap Swim (4)
Open Swim (2)	Open Swim (2)	Open Swim (2)	Open Swim (2)	Open Swim (2)	Open Swim (2)
8:00-8:45 AM Water Ex (3)	9:00-9:45 AM Water Ex (3)	8:00-8:45 AM Water Ex (3)	9:00-9:45 AM Water Ex (3)	8:00-8:45 AM Water Ex (3)	Noon- 1:30 PM Slide/Mushroom
No Open Swim	No Open Swim	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (4)
9:30-11:00 AM Swim Lessons Lap Swim (3)	9:30-10:00 AM Swim Lessons Lap Swim (3)	8:45-10:30 AM Open Swim (2) Lap Swim (4)	9:30-11:00 AM Swim Lessons Lap Swim (3)	8:45-9:30 AM Lap Swim (4) Open Swim (2)	
11:00 AM-1:00 PM Lap Swim (4)	10:00-4:30 PM Lap Swim (4)	10:30-11:15 AM Water Ex (2)	11:00- 4:30 PM Open Swim (2)	9:30-11 AM Swim Lessons	<b>Sunday</b> 8:00-11:30 AM
Open Swim (2)	Open Swim (2)	No Lap/ Open Swim	Lap Swim (4)	Lap Swim (3)	Lap Swim (4)
1:00-1:45 PM Lap Swim (3)	4:30-7:30 PM Swim Lessons (4)	11:15-4:30 PM Lap swim (4)	4:30-7:30 PM Swim Lessons (4)	10:30-11:15 AM Water Ex (3)	Open Swim (2)
MS Water Ex (3)		Open Swim (2)		Lap Swim (3)	
1:45-4:30 PM Lap Swim (4)	5:00- 6:00 PM Swim Lessons (3)	4:30-7:30 PM Swim Lessons (3)	5:00 - 6:00 PM Swim Lessons (3)	11:15 - 5:30 PM Lap Swim (4)	
Open Swim (2)	Jr. Dolphins (3)	Lap Swim (3)	Jr. Dolphins (3)	Open Swim (2)	
4:30-7:30 PM Swim Lessons (4)	6:00-7:30 PM Adapted Swim Team (3)		6:00-7:30PM Adapted Swim Team (3)	5:30 - 7:30 PM Slide/Mushroom	
Lap Swim (2)	Swimming Lessons (3)		Swimming Lessons (3)	Lap Swim (3)	
Open/Lap Swim					
Water Ex					
Swimming Lessons					
Swim Team					
School Age					



## Training Pool

### Winter 2024: January 21–March 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM–3:30 PM Closed	5:00 –6:00 AM Lap Swim (6)	5:00 AM – 3:30 PM Closed	5:00 am- 6:00 am Lap Swim (6)	5:00 AM– 3:30 PM Closed	6 AM – 1:30 PM Closed
3:30 – 5:30 PM Swim Team	6:00–7:00 AM Swim Team	3:30 –5:30 PM Swim Team	4:15 pm–5:15 pm Swim Team	3:30 – 5:30 PM Swim Team	
Senior and Senior Elite	Adult Swim Fit	Senior and Senior Elite	Adult Swim Fit	Senior and Senior Elite	
5:30–6:15 PM Swim Team	4:15–5:15 PM Swim Team	5:30 – 6:45 PM Swim Team	4:15–5:15 PM Swim Team	5:30 – 6:30 PM Swim Team	
Developmental	Junior and Junior Elite	Junior and Junior Elite	Junior and Junior Elite	Junior and Junior Elite	
6:15 –7:30 PM Swim Team	5:15–6:00 PM Swim Team		5:15–6:00 PM Swim Team		
Junior and Junior Elite	Developmental		Developmental		
	6:00–7:45 PM Swim Team		6:00–7:45 PM Swim Team		
	Senior and Senior Elite		Senior and Senior Elite		
					<b>Sunday</b> 8:00–11:30AM
					Pool Closed



**\* All Pools Close 30 min before building \***

**IMPORTANT!**

All children under the age of 12 must be accompanied by an adult age 18+ that is on the same membership and participating in the same activity at all times. Adult must accompany all children under 7 into the water.

**\* This Schedule is Subject to Change \***