

Training Pool Fall Schedule (Sep 7-Jan 16)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6-7 am		Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
7-8 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim + Family Swim
8-10 am							Open Swim + Family Swim
10-11 am					Open Swim		Open Swim
11 am-noon			Open Swim				Open Swim
noon-1:30 pm		Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
1:30-2:30 pm		Open Swim + Private Swim	Open Swim + Private Swim	Open Swim + Private Swim	Open Swim + Private Swim	Open Swim + Private Swim	Open Swim + Private Swim
2:30-5 pm							
5-6pm	Open Swim + Family Swim + Private Lessons					Open Swim + Family Swim	Open Swim + Family Swim
6-7:30 pm	Open Swim + Family Swim	Aqua Aerobics	Open Swim	Open Swim	Open Swim	Open Swim + Family Swim	Open Swim + Family Swim
7:30-8:30 pm	Calm Rehab Time	Calm Rehab Time	Calm Rehab Time	Calm Rehab Time	Calm Rehab Time	Calm Rehab Time	Calm Rehab Time
8:30-9:30 pm		Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	

Blackout times are reserved for swim school, registered programming and maintenance

The training pool capacity will be 10 swimmers for all drop-in/open swim time, with the exception of Calm Rehabilitative Hour, which is a time for those in our community who are living with but not limited to conditions affecting physical mobility. During this time, the Training Pool floor rises at the start and end of this hour to accommodate members and capacity will be limited to approximately 4.

Pool Hours of Operation: Mon-Fri: 6 am-9:30 pm | Sat-Sun: 7 am-8:30 pm

[Pool Rules + Etiquette](#)