

## Training Pool Summer Schedule (Jun 20- Aug 12 at 6pm)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6-7 AM		Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	
7-8 AM	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim
8-10 AM	IYC	IYC	IYC	IYC	IYC	IYC	Adult Open Swim + Family Swim
10-11 AM	IYC	CAMP		CAMP		CAMP	Adult Open Swim + Family Swim
11-12 PM	IYC	CAMP	ARTH	CAMP	ARTH	CAMP	Adult Open Swim
12-1 PM	IYC	Adult Open Swim	ARTH	Adult Open Swim	ARTH	Adult Open Swim	Adult Open Swim
1-2 PM	IYC	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim
2-5 PM	P SWIM	P SWIM	P SWIM	P SWIM	P SWIM	P SWIM	P SWIM
5-6:30 PM	Adult Open Swim + Family Swim	Adult Open Swim + Family Swim	Adult Open Swim + Family Swim	Adult Open Swim + Family Swim	Adult Open Swim + Family Swim	Adult Open Swim + Family Swim	Adult Open Swim + Family Swim
6:30-7:30 PM	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open 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		Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	

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](#)