

Training Pool Schedule - **INTERIM FALL** (Aug 17-Sep 8)

	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 + Family Swim
8-10 am	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	Adult Open Swim + Family Swim
10-11 am	FAMILY SWIM	Adult Open Swim		Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim + Family Swim
11-12 pm	FAMILY SWIM	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim
noon-1pm	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim
1-2 pm	Adult Open Swim	Adult Open Swim + Private Swim	Adult Open Swim + Private Swim	Adult Open Swim + Private Swim	Adult Open Swim + Private Swim	Adult Open Swim + Private Swim	
2-5 pm							
5-6 pm	Adult Open Swim + Family Swim					Adult Open Swim + Family Swim	Adult Open Swim + Family Swim
6-7:30 pm	Adult Open Swim + Family Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim + Family Swim	Adult Open Swim + Family Swim
7:30-8:30 pm	Calm Rehab Time (Adults)	Calm Rehab Time (Adults)	Calm Rehab Time (Adults)	Calm Rehab Time (Adults)	Calm Rehab Time (Adults)	Calm Rehab Time (Adults)	Calm Rehab Time (Adults)
8:30-9:30 pm		Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	

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

The training pool capacity is 12 for all drop-in/open swim time, with the exception of Calm Rehabilitative Hour, a time for those 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. 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](#)