

## Training Pool Schedule - FALL 2024 (Sep 9 - Jan 17)

	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							Adult Open Swim + Family Swim
10-11 am					Adult Open Swim		Adult Open Swim
11-12 pm			Adult Open Swim				
noon-1pm		Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	
1-2 pm		Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open 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	Aqua Aerobics (6-7 pm)	Adult Open Swim	Adult Open Swim	Aqua Aerobics (6-7:30 pm)	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's capacity is 14 for all drop-in/open swim time, with the exception of Calm Rehabilitative Hour, a time for those living with but not limited to conditions affecting physical mobility. At these times, capacity will be limited to approximately 4. The Training Pool floor rises at the start and end of each hour to accommodate members.

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

[Pool Rules + Etiquette](#)