

## Training Pool Schedule - WINTER/SPRING 2025 (Jan 18-Jun 6)

|              | 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          |                          |                           |                               |                               |
| 12-1pm       |                               | 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       | 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    |                               | 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](#)