

# COMPETITION POOL SCHEDULE

MONDAY	
5:00-9:00 A	LAP (1-8)
9:00-10:15 A	Adult Instruction (1-4)
	LAP (5-8)
10:15-11:30 A	Water Fitness (1-3)
	LAP (4-8)
11:30-12:00 P	LAP (1-8)
12:00-1:00 P	LAP/CY Masters (1-8)
1:00-4:00 P	LAP (1-8)
4:00-9:00 P	CY Swim Team (1-8)
<b>9:00 PM</b>	<b>Closed</b>

WEDNESDAY	
5:00-9:00 A	LAP (1-8)
9:00-10:15 A	Adult Instruction (1-4)
	LAP (5-8)
10:15-11:30 A	Water Fitness (1-3)
	LAP (4-8)
11:30-12:00 P	LAP (1-8)
12:00-1:00 P	LAP/CY Masters (1-8)
1:00-4:00 P	LAP (1-8)
4:00-9:00 P	CY Swim Team (1-8)
<b>9:00 PM</b>	<b>Closed</b>

FRIDAY	
5:00-6:15 AM	LAP (1-8)
6:15-10:15 AM	LAP (1-8)
10:15-11:30 A	Water Fitness (1-3)
	LAP (4-8)
11:30 A-4:00 P	LAP (1-8)
4:00-9:00 P	CY Swim Team (1-8)
<b>9:00 PM</b>	<b>Closed</b>

TUESDAY	
5:00-6:15 AM	LAP (1-8)
6:15-10:15:00 AM	LAP (1-8)
10:15-11:30 A	Water Fitness (1-3)
	LAP (4-8)
11:30-12:00 P	Home School (1,2)
	LAP (3-8)
12:00-1:00 P	Home School (1,2)
	LAP/CY Masters (3-8)
1:00-4:00 P	LAP (1-8)
4:00-6:00 P	CY Swim Team (1-8)
6:00-7:00 P	CY Swim Team (1-5)
	Pre-Comp Swim Team (6-8)
7:00-9:00 P	CY Torpedoes (1-8)
<b>9:00 PM</b>	<b>Closed</b>

THURSDAY	
5:00-6:15 AM	LAP (1-8)
6:15-10:15 AM	LAP (1-8)
10:15-11:30 A	Water Fitness (1-3)
	LAP (4-8)
11:30-12:00 P	LAP (1-8)
12:00-1:00 P	LAP/CY Masters (1-8)
1:00 A-4:00 P	LAP (1-8)
4:00-6:00 P	CY Swim Team (1-8)
6:00-7:00 P	CY Swim Team (1-5)
	Pre-Comp Swim Team (6-8)
7:00-9:00 P	CY Torpedoes (1-8)
<b>9:00 PM</b>	<b>Closed</b>

SATURDAY	
7:00 A-12:00 P	CY Swim Team (1-8)
12:00-1:00 P	CY Swim Team (1-4)
	LAP (5-8)
1:00-3:00 P	Kayak (1-4)
	LAP (5-8)
<b>3:00 PM</b>	<b>CLOSED</b>

SUNDAY (Programs Only, no lap swim)	
12:00-3:00 P	Private Lessons (1-4)
	Diving (5-8)
3:00-5:45 P	Kayak (1-4)
	SCUBA (5-8)
<b>5:45 PM</b>	<b>CLOSED</b>

<b>Pool Temperature Average 81°-83° F</b>
<b>Pool Depth 3 1/2-14 feet deep - Hydraulic Lift Chair Available</b>
<b>Pool Length 25 yards</b>
<b>Children 6, 7, 8 &amp; 9 years old, MUST have a parent or guardian (18 or older) in the POOL AREA at all times. Children must be 10 years old before they may swim at any pool without an adult present.</b>
Lap Swimming is for members 13 years and older. Youth ages 6-12 may swim laps if they have passed the swim test and have an adult swimming laps with them.
When lap swimming, please share the lap lanes and circle swim. Thank you.
NOTE: As a service to our members, feel free to use the kickboards, pull buoys, flippers and hand paddles for lap swimming. If you need assistance, please ask the lifeguard.
When lap swimming is only available in the Cool Lap Pool, members wishing to use the Adult Locker Rooms on the upper level will need to bring a robe/cover-up and sandals to travel between the locker-room and the pool. Thank you.