

# Main Pool

Lap swimming is available all hours of the day. Lap swimmers should expect to share lanes during busy hours.  
This schedule is subject to change on a daily basis.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
6:00am	Masters 6:00am – 7:00am Lanes 1 – 8	Youth Swim Team 5:45 - 7:15am Lanes 1-4	Masters 6:00am – 7:00am Lanes 1 – 8	Youth Swim Team 5:45 - 7:15am Lanes 1-4	Masters 6:00am – 7:00am Lanes 1 – 8		
7:00am							
8:00am	Hydro-Fit 8:15–9:15am Lanes 7 & 8	Hydro-Fit 8:15–9:15am Lanes 7 & 8	Hydro-Fit 8:15–9:15am Lanes 7 & 8	Hydro-Fit 8:15–9:15am Lanes 7 & 8	Hydro-Fit 8:15–9:15am Lanes 7 & 8	Youth Swim Team 8:00 - 11:15am Lanes 1 – 5 <i>(occasionally)</i>	
9:00am	Masters 9 – 10am Lanes 1 – 6		Masters 9 – 10am Lanes 1 – 6		Masters 9 – 10am Lanes 1 – 6		
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm	Youth Swim Team 3:45 - 7:00pm Lanes 1 - 8	Youth Swim Team 3:45 - 7:00pm Lanes 1 - 8	Youth Swim Team 3:45 - 7:00pm Lanes 1 - 8	Youth Swim Team 3:45 - 7:00pm Lanes 1 - 8	Youth Swim Team 3:45 - 7:00pm Lanes 1 - 8		
5:00pm							
6:00pm							
7:00pm							
8:00pm							
All pools, aquatics facilities and locker rooms close at 9:30pm							

## Reminders

- ❖ **Hot Tub:** Children under 5 not permitted. Children 5-9 must be supervised by an adult. After 5:00pm adults only. Hot tub is for member use.
- ❖ **Supervision:** When no lifeguard is on duty all children under 14 accompanied poolside by an adult.
- ❖ **Towels:** Towels in the adult locker rooms are meant for adult use only and are not intended for poolside use by children and families.
- ❖ **Guests:** Members must sign in guests at the front desk and must remain on site while guests are using club facilities.

❖ **Infants/Toddlers:** Those not toilet trained must wear BOTH a disposable swim diaper AND plastic cover. Change in/out of clothes in locker rooms, not poolside.