(Reduced hours June 14-22 & August 25-Sept 1)

LANE SWIM: Must be 12 years old or older. Lap swimming only.

**BABY POOL HOURS:** 

Monday to Thursday: 9am-7:30pm **EXCEPT** during events.

Friday: 12pm-7:30pm

Saturday and Sunday: 10:30am-7:30pm

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
6:30 AM	Maintenance		Maintenance		Maintenance		Maintenance						
6:45 AM	Earlybird swim		Earlybird		Earlybird swim		Earlybird						
7:00 AM	Lunybu a swiin		swim				swim						
7:30 AM	Synchro solo & duet		Synchro solo & duet		Synchro solo & duet		Synchro solo & duet						
8:00 AM													
8:30 AM	Lessons		Lessons		Lessons		Lessons						
9:00 AM									Synchro Technical (all) Staff training				
9:30 AM											Maint	tenance	Maintenance
10:00 AM											Mannenanoc		Widinteriance
10:30 AM	Aquafit		Aquafit		Aquafit Synchro team 6 & under ST		Aquafit Synchro team 6 & under ST				Rubber ducky swim		
11:00 AM	Synchro team		Synchro team 6 & under ST										Rubber ducky swim
11:30 AM													
12:00 PM	Swim team		Swim team		Swim team		Swim team		Swim team				
12:30 PM													
1:00 PM	Adult swim	Divina	Adult swim	Diving	Adult swir	_	Adult Swim	Diving	Adult Swim	Divina	۸ ماریا	t swim	Adult swim
1:30 PM	Adult Swilli	Diving	Adult Swiff	Diving	Adult Swii	11	Adult Swilli	Diving	Adult Swilli	Diving	Adul	IL SWIIII	Adult Swilli
2:00 PM	Free Swim		Free Swim		Free Swim								
2:30 PM							Free Swim		Free Swim		Free Swim		
3:00 PM													Free Swim
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM	Water Polo Team*		Water Polo Team*			Family					Adult		
5:30 PM					Adult swim Swim		Water Polo Team*				lessons	Adult swim	n Adult swim
6:00 PM			Adult Lessons Fuering				Adult Lessons		Free Swim	BBQ**			
6:30 PM	Free Swim		Masters Lane swim  Evening lessons  Bronze  Free Swim		Free Swim		Masters	Evening lessons					
7:00 PM							Lane swim				Free swim		Free swim
7:30 PM							Free Swim		Water Polo Team*		Tiee Swiiii		i ice swiiii
8:00 PM													
8:30 PM	Teen Swim		Teen Swim		Teen Swim		Teen Swim		Teen Swim		Teen swim		Teen swim
0.30 PW	155. Chini												Teen Swiiii
	ADULT SWIM:	Must be 18 years o	ld or older. Any children are to ren	nain behind	the blue lines.	TEEN SWIM:	Must be 13 to 19 year	rs old	RUB	BER DUCKY SWIM:	Open to all me	embers. Pool toys p	ermitted.

FREE SWIM: Open to all ages, one lane reserved for swimming lengths

\* If Water Polo is not using the pool, then the time slot will be used for Free Swim

FAMILY SWIM: At least one family member (18+yrs old) must be in the water with their children.

<sup>\*\*</sup> The pool's BBQ will be made available to members at this time for their use, for free, weather permitting.