

POOL SCHEDULE

Mon-Thur: 5:30am-9:30pm | Fri 5:30-8:30pm
 Sat: 7:00-6:30pm | Sun 8:00am-6:30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed
6:00 - 7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed
7:00 - 8:00	Closed 7-8:45	Aqua	Closed 7-8:45	Aqua	Closed 7-8:45	Lap Swim	Closed
8:00 - 9:00	Closed 7-8:45	Lap Swim	Closed 7-8:45	SL 9:30-11	Closed 7-8:45	Aqua/Lap Swim	Lap Swim
9:00 - 10:00	Aqua/Lap Swim	Aqua / Lap Swim / SL 9:30-11	Aqua/Lap Swim	Aqua/SL 9:30-11	Aqua/ 1 Lap Lane	Aqua/ Swim Lessons No lap swim 9:30am	Lap Swim
10:00 - 11:00	SL 10:30-11	SL 9:30-11	SL 10:30-11	SL 9:30-11	Lap Swim	Swim Lessons / No lap Swim	Lap Swim
11:00 - 12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Start at 11:30am	Lap Swim
12:00 - 1:00	SL 12:30-1	Lap Swim	SL 12:30-1	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 - 2:00	Lap Swim	SL 1:00-1:25p	Lap Swim	SL 1:00-1:25p	Lap Swim	Lap Swim	Lap Swim
2:00 - 3:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00 - 4:00	No lap 3:45-5:30/ SL 3:30-5:30	Lap Swim	No lap 3:45-5:30/ SL 3:30-5:30	Lap Swim	No lap 3:45-5:30/ SL 3:30-5:30	Lap Swim	Lap Swim
4:00 - 5:00	SL 3:30-5:30/No lap	SL 4-6:30	SL 3:30-5:30 / No Lap	SL 4-6:30	No lap 4:30-5:30	Lap Swim	Lap Swim
5:00 - 6:00	No lap swim to 5:30	SL 4-6:30	No lap swim to 5:30	SL 4-6:30	No lap swim To 5:30	Lap Swim	Lap Swim
6:00 - 7:00	Train Like You Mean It – 1 lap lane 6:30-7:30pm	SL 4-6:30	Lap Swim	SL 4-6:30	Lap Swim	Lap Swim / Closed at 6:30pm	Lap Swim / Closed at 6:30pm
7:00 - 8:00	Train Like you Mean It – 1 lap lane 6:30-7:30pm	Aqua Aerobics 7:00-8:00pm / 1 lap lane	Adult Conditioning	Aqua Aerobics 7:00-8:00pm / 1 lap lane	Lap Swim	Closed	Closed
8:00 - 9:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed at 8:30pm	Closed	Closed
9:00 – 9:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed	Closed
Nadadores Lap Swim (Starting 6/28) M-F 12:00-1:30pm M,W,F 7:00-8:45AM South Coast Pool Hours: Lap Swim M-F 6-8am, 12-1pm, 6-8pm Sat-Sun 9-12pm Recreation Swim M-F 9-12pm, 1-4pm Sat-Sun 12-4pm				<i>All children 12 years and under must be supervised by an adult</i> Nadadores Lap Swim Hours are subject to change		<i>Due to safety we may close in the event of poor weather conditions or chemical imbalance</i>	

AQUATICS

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