

MODIFIED POOL SCHEDULE



DURING WOMEN'S LOCKER ROOM CLOSURE
Effective April 11, 2022. End date TBA.



There will be alternating use of the men's locker room during this time.

Pool schedule subject to change.

SUNDAYS

8:00 AM – 12:30 PM | Men's Adult Swim, ages 16+

11:00 AM – 12:30 PM | Men's Open Swim & Father/Child Co-ed Swim (girls must be 6 and under)

**Note: Following this, women will be using Men's Locker Room to change. Men must exit locker room by 1 PM, latest.*

1:15 – 3:30 PM | Women's Adult Swim, ages 16+

3:30 – 6:25 PM | Women's Open Swim & Mother/Child Co-ed Swim (boys must be 6 and under)

MONDAYS & WEDNESDAYS

6:30 – 8:30 AM | Men's Adult Swim, ages 16+

**Note: Following this, Women will be using Men's Locker Room to change. Men must exit locker room by 9 AM, latest.*

9:15 AM – 12:55 PM | Women's Adult Swim, ages 16+

12:00 – 12:45 PM | Women's Water Exercise Class

1:00 – 5:00 PM | Reserved for Instructional Swim, School Rentals

5:30 – 7:00 PM | Men's Adult Swim, ages 16+

7:00 – 8:00 PM | Men's Open Swim & Father/Child Co-ed Swim (girls must be 6 and under)

8:00 – 9:45 PM | Men's Adult Swim, ages 16+

TUESDAYS & THURSDAYS

6:30 – 8:30 AM | Men's Adult Swim, ages 16+

**Note: Following this, Women will be using Men's Locker Room to change. Men must exit locker room by 9 AM, latest.*

9:15 AM – 12:55 PM | Women's Adult Swim, ages 16+

1:00 – 5:00 PM | Reserved for Instructional Swim, School Rentals

5:30 – 7:00 PM | Women's Adult Swim, ages 16+

7:00 – 8:00 PM | Women's Open Swim & Mother/Child Co-ed Swim
(boys must be 6 and under)

8:00 – 9:30 PM | Women's Adult Swim, ages 16+

FRIDAYS

6:30 – 8:30 AM | Men's Adult Swim, ages 16+

**Note: Following this, Women will be using Men's Locker Room to change.
Men must exit locker room by 9 AM, latest.*

9:15 AM – 12:30 PM | Women's Adult Swim, ages 16+

1:00 PM – Closing | Reserved for Instructional Swim

SATURDAY NIGHTS

Closed seasonally

CHILD SWIM INFO

• **ADULT SWIM** is reserved for those aged 16+ (and for swimming laps, only) – barring holiday exceptions.

• **CHILDREN AGES 10 AND OLDER** are permitted to swim unattended during select times during Open Swim, provided that they know how to swim on their own.

GIRLS (ages 10+) | SUN, 3:30–6:25 PM, TUE & THURS, 7:00–8:00 PM

BOYS (ages 10+) | SUN, 11 AM–12:30 PM, MON & WED, 7:00–8:00 PM

• **CHILDREN AGES 9 & YOUNGER** must swim with an adult at all times. See schedule for times.

Parent/Child Co-ed Swim

+ Children must be 6 years old and under to qualify for co-ed swim.

+ Children ages 3 and older of the opposite sex can change in the Family Changing Room, ONLY.

There is no changing in the sauna or on the pool deck.

Co-ed Swim: ages 6 and under
Adult Swim: ages 16+
KEY Open Swim: any age

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*No food or drinks
on pool deck.
Street shoes of any kind
forbidden in the pool area.
Strictly enforced.*

*Failure to follow all pool rules may lead
to a suspension of member privileges.
The Center reserves the right to one
lane, at any time, for swim instruction.*

