

Monday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
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6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Lap Swim

Tuesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Lap Swim

Wednesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
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6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Lap Swim

Thursday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
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5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Lap Swim

Friday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
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3:30 PM					
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4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

Lap Swim

Saturday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
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4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

Lap Swim

Sunday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
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1:30 PM					
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3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

Lap Swim

Pool Guidelines
Pool schedules and availability are subject to change.
Lap swimming is limited to 45-minutes while others are waiting.
The adult pool area is designated for ages 18+.

Session Descriptions
Lap Swim - Outdoor Adult Pool: During lap swim, there are no lifeguards on duty. Two lap swimmers per lane are permitted, and they must take breaks on opposite ends of the pool.

Monday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Lap Swim					
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Aqua Athletics (RSVP Required)					Open Swim
10:30 AM						
11:00 AM						
11:30 AM	Lap Swim					
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						
9:30 PM						

Tuesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Lap Swim					
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Aqua Athletics (RSVP Required)					Open Swim
10:30 AM						
11:00 AM						
11:30 AM	Lap Swim					
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						
9:30 PM						

Wednesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Lap Swim					Open Swim
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Aqua Athletics (RSVP Required)					Family Swim (RSVP Required)
1:30 PM						
2:00 PM						
2:30 PM	Lap Swim					Open Swim
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM	Lap Swim					
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

Thursday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Lap Swim					
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Aqua Athletics (RSVP Required)					Open Swim
10:30 AM						
11:00 AM						
11:30 AM	Lap Swim					
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
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5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						
9:30 PM						

Friday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Lap Swim					
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Aqua Athletics (RSVP Required)					Open Swim
10:30 AM						
11:00 AM						
11:30 AM	Lap Swim					
12:00 PM						
12:30 PM						
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1:30 PM						
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5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						
9:30 PM						

Saturday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
7:00 AM	Lap Swim					
7:30 AM						
8:00 AM						
8:30 AM	Aqua Athletics (RSVP Required)					Open Swim
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Lap Swim					
12:00 PM						
12:30 PM						
1:00 PM						
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4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						
9:30 PM						

Sunday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Lap Swim					Open Swim
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
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3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						
9:30 PM						

Pool Guidelines
Private lessons have priority in lap lanes.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Pool schedules and availability are subject to change.

Session Descriptions
Lap Swim - Outdoor Rec Pool: Designated lap swim time is for lap swimming only. There are no lifeguards on duty. Two lap swimmers per lane are permitted, and they must take breaks on opposite ends of the pool. Swimmers must be able to swim laps unassisted.
Open Swim - Outdoor Rec Pool: During Open Swim, there are no lifeguards on duty. Water play features are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Aqua Athletics: Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
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11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM					
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7:30 PM					
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8:30 PM					
9:00 PM					
9:30 PM					

Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
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12:30 PM					
1:00 PM		Lap Swim			
1:30 PM					
2:00 PM					
2:30 PM					
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5:30 PM					
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7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Wednesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
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8:30 AM					
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12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
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7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Thursday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
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12:30 PM					
1:00 PM		Lap Swim			
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6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
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12:30 PM					
1:00 PM		Lap Swim			
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5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM		Lap Swim			
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4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM		Lap Swim			
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4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

Pool Guidelines

Pool schedules and availability are subject to change.

Lap swimming is limited to 45-minutes while others are waiting.

Session Descriptions

Lap Swim - Indoor Lap Pool: During lap swim, there are no lifeguards on duty. Two lap swimmers per lane are permitted, and they must take breaks on opposite ends of the pool.

Monday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			Open Swim
1:30 PM	Lap Swim			Open Swim
2:00 PM	Lap Swim			Open Swim
2:30 PM	Lap Swim			Open Swim
3:00 PM	Lap Swim			Open Swim
3:30 PM	Lap Swim			Open Swim
4:00 PM	Lap Swim			Open Swim
4:30 PM	Lap Swim			Open Swim
5:00 PM	Lap Swim			Open Swim
5:30 PM	Lap Swim			Open Swim
6:00 PM	Lap Swim			Open Swim
6:30 PM	Lap Swim			Open Swim
7:00 PM	Lap Swim			Open Swim
7:30 PM	Lap Swim			Open Swim
8:00 PM	Lap Swim			Open Swim
8:30 PM	Lap Swim			Open Swim
9:00 PM	Lap Swim			Open Swim
9:30 PM	Lap Swim			Open Swim

Tuesday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			Open Swim
1:30 PM	Lap Swim			Open Swim
2:00 PM	Lap Swim			Open Swim
2:30 PM	Lap Swim			Open Swim
3:00 PM	Lap Swim			Open Swim
3:30 PM	Lap Swim			Open Swim
4:00 PM	Lap Swim			Open Swim
4:30 PM	Lap Swim			Open Swim
5:00 PM	Lap Swim			Open Swim
5:30 PM	Lap Swim			Open Swim
6:00 PM	Lap Swim			Open Swim
6:30 PM	Lap Swim			Open Swim
7:00 PM	Lap Swim			Open Swim
7:30 PM	Lap Swim			Open Swim
8:00 PM	Lap Swim			Open Swim
8:30 PM	Lap Swim			Open Swim
9:00 PM	Lap Swim			Open Swim
9:30 PM	Lap Swim			Open Swim

Wednesday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
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8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			Open Swim
1:30 PM	Lap Swim			Open Swim
2:00 PM	Lap Swim			Open Swim
2:30 PM	Lap Swim			Open Swim
3:00 PM	Lap Swim			Open Swim
3:30 PM	Lap Swim			Open Swim
4:00 PM	Lap Swim			Open Swim
4:30 PM	Lap Swim			Open Swim
5:00 PM	Lap Swim			Open Swim
5:30 PM	Lap Swim			Open Swim
6:00 PM	Lap Swim			Open Swim
6:30 PM	Lap Swim			Open Swim
7:00 PM	Lap Swim			Open Swim
7:30 PM	Lap Swim			Open Swim
8:00 PM	Lap Swim			Open Swim
8:30 PM	Lap Swim			Open Swim
9:00 PM	Lap Swim			Open Swim
9:30 PM	Lap Swim			Open Swim

Thursday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
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8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			Open Swim
1:30 PM	Lap Swim			Open Swim
2:00 PM	Lap Swim			Open Swim
2:30 PM	Lap Swim			Open Swim
3:00 PM	Lap Swim			Open Swim
3:30 PM	Lap Swim			Open Swim
4:00 PM	Lap Swim			Open Swim
4:30 PM	Lap Swim			Open Swim
5:00 PM	Lap Swim			Open Swim
5:30 PM	Lap Swim			Open Swim
6:00 PM	Lap Swim			Open Swim
6:30 PM	Lap Swim			Open Swim
7:00 PM	Lap Swim			Open Swim
7:30 PM	Lap Swim			Open Swim
8:00 PM	Lap Swim			Open Swim
8:30 PM	Lap Swim			Open Swim
9:00 PM	Lap Swim			Open Swim
9:30 PM	Lap Swim			Open Swim

Friday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
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8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
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12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			Open Swim
1:30 PM	Lap Swim			Open Swim
2:00 PM	Lap Swim			Open Swim
2:30 PM	Lap Swim			Open Swim
3:00 PM	Lap Swim			Open Swim
3:30 PM	Lap Swim			Open Swim
4:00 PM	Lap Swim			Open Swim
4:30 PM	Lap Swim			Open Swim
5:00 PM	Lap Swim			Open Swim
5:30 PM	Lap Swim			Open Swim
6:00 PM	Lap Swim			Open Swim
6:30 PM	Lap Swim			Open Swim
7:00 PM	Lap Swim			Open Swim
7:30 PM	Lap Swim			Open Swim
8:00 PM	Lap Swim			Open Swim
8:30 PM	Lap Swim			Open Swim

Saturday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			Open Swim
1:30 PM	Lap Swim			Open Swim
2:00 PM	Lap Swim			Open Swim
2:30 PM	Lap Swim			Open Swim
3:00 PM	Lap Swim			Open Swim
3:30 PM	Lap Swim			Open Swim
4:00 PM	Lap Swim			Open Swim
4:30 PM	Lap Swim			Open Swim
5:00 PM	Lap Swim			Open Swim
5:30 PM	Lap Swim			Open Swim
6:00 PM	Lap Swim			Open Swim
6:30 PM	Lap Swim			Open Swim
7:00 PM	Lap Swim			Open Swim
7:30 PM	Lap Swim			Open Swim
8:00 PM	Lap Swim			Open Swim
8:30 PM	Lap Swim			Open Swim

Sunday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			Open Swim
1:30 PM	Lap Swim			Open Swim
2:00 PM	Lap Swim			Open Swim
2:30 PM	Lap Swim			Open Swim
3:00 PM	Lap Swim			Open Swim
3:30 PM	Lap Swim			Open Swim
4:00 PM	Lap Swim			Open Swim
4:30 PM	Lap Swim			Open Swim
5:00 PM	Lap Swim			Open Swim
5:30 PM	Lap Swim			Open Swim
6:00 PM	Lap Swim			Open Swim
6:30 PM	Lap Swim			Open Swim
7:00 PM	Lap Swim			Open Swim
7:30 PM	Lap Swim			Open Swim
8:00 PM	Lap Swim			Open Swim
8:30 PM	Lap Swim			Open Swim

Pool Guidelines
Private lessons have priority in lap lanes.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Pool schedules and availability are subject to change.

Session Descriptions
Lap Swim - Indoor Rec Pool: Designated lap swim time is for lap swimming only. There are no lifeguards on duty. Two lap swimmers per lane are permitted, and they must take breaks on opposite ends of the pool. Swimmers must be able to swim laps unassisted.
Open Swim- Indoor Rec Pool: During Open Swim, there are no lifeguards are on duty. Water play features are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.