



POOL HOURS

MON-SAT

5AM-9:30PM

SUN

7AM-8:30PM

Wading Pool Hours

Mon 5am-4pm, 5:30-9:30pm
Tues 5-10:30am, 12-5pm, 6:30-9:30pm
Wed 5am-4pm, 5:30-9:30pm
Thurs 5-10:30am, 12-5pm, 6:30-9:30pm
Fri 5am-9:30pm
Sat 7am-1:30pm, 3:30-8:30pm
Sun 7am-1:30pm, 3:30-8:30pm

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY																					
5am	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane																		
5:30am																																														
6am																																														
6:30am																													Masters Swim	Lap Swim 1 lane				Masters Swim			Lap Swim 1 lane			Masters Swim			Lap Swim 1 lane			
7am	Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes																					
7:30am																																														
8am																																														
8:30am																																														
9am	H2O Cardio				Lap Swim 4 lanes				H2O Cardio				Lap Swim 4 lanes				H2O Cardio				Lap Swim 4 lanes				Lap Swim 4 lanes																					
9:30am																																														
10am																																														
10:30am																													Lap Swim 4 lanes			Group Lessons			Lap Swim 2 lanes			Lap Swim 1 lane			Lap Swim 4 lanes			Lap Swim 4 lanes		
11am	Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes																					
11:30am																																														
12pm																																														
12:30pm																																Masters Swim						Masters Swim								
1pm	Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes																					
1:30pm																																														
2pm																																														
2:30pm																																														
3pm	Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes																					
3:30pm																																														
4pm																																														
4:30pm																													Group Lessons			Lap Swim 1 lane			Group Lessons			Lap Swim 1 lane			Group Lessons			Lap Swim 2 lanes		
5pm	Open Swim			Lap Swim 1 lane	Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Open Swim			Lap Swim 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane	Lap Swim 4 lanes			Private Lessons 1 lane																					
5:30pm																																														
6pm																																														
6:30pm																																														
7pm	Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes																					
7:30pm																																														
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9:30pm	Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes				Lap Swim 4 lanes																					
9:45pm																																														

Lap Swim

A time reserved exclusively for lap swimming and other conditioning activities. Must be age 14+

Group Lessons

We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call 365-7393 for more information.

Open Swim

A section of the pool is dedicated to activities for all ages. Lifeguards will be present and water slides may be turned on at their discretion. *Children under 9 MUST be accompanied by an adult.

Group Fitness

A variety of fun, FREE classes for members.

Swim Team

A section of the pool is dedicated to the South Torpedos Swim Team for practice.

Wading Pool

A shallow 2ft pool for parents and their little ones to test the waters. Hours of operation listed to the left.

Synchronized Swimming

Learn the basics of synchronized swimming: join us for a fun full-body water workout, ages 12 and up! Call 365-7393 for more information.

Private Lessons

We offer private and semi-private lessons to accommodate any age and skill level at a variety of times. *A section of the pool may be limited for the lessons. Call 365-7393 for more information.
***If no private lessons in session, lap swim is available.**

