

EAST POOL SCHEDULE WINTER/SPRING 2020 JANUARY 6 – MAY 24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes		
5:30am							
6am	H2O Cardio Lap Swim 4 lanes	Masters Swim Lap Swim 1 lane	H2O Cardio Lap Swim 4 lanes	Masters Swim Lap Swim 1 lane			
6:30am							
7am	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes		Masters Swim Lap Swim 1 lane	Lap Swim 5 lanes
7:30am							
8am							
8:30am							
9am	H2O Cardio Lap Swim 3 lanes	H2O Cardio Lap Swim 3 lanes	H2O Cardio Lap Swim 3 lanes	H2O Cardio Lap Swim 3 lanes	H2O Cardio Lap Swim 3 lanes		
9:30am							
10am	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Group Lessons Lap Swim 1 lane	Group Lessons Lap Swim 1 lane
10:30am							
11am							
11:30am							
12pm	Wave Running Lap Swim 3 lanes		H2O Cardio Lap Swim 3 lanes			Lap Swim 5 lanes	Lap Swim 5 lanes
12:30pm							
1pm	Lap Swim 5 lanes		Lap Swim 5 lanes			Open Swim Lap Swim 1 lane	Gauntlet Setup 3 lanes Lap Swim 1 lane Gauntlet Party Rental (Pool & Hot Tub closed)
1:30pm							
2pm							
2:30pm							
3pm							
3:30pm							
4pm							
4:30pm	Group Lessons Lap Swim 1 lane	Group Lessons Lap Swim 1 lane	Group Lessons Lap Swim 1 lane*	Group Lessons Lap Swim 1 lane			
5pm					Gauntlet Setup 3 lanes Lap Swim 1 lane	Lap Swim 5 lanes	Open Swim with The Gauntlet
5:30pm	Open Swim	Lap Swim 5 lanes	Open Swim*	Lap Swim 5 lanes	Open Swim with The Gauntlet		
6pm							
6:30pm							
7pm							
7:30pm	Lap Swim 5 lanes		Lap Swim 5 lanes		Lap Swim 5 lanes		Lap Swim 5 lanes
8pm							
8:30pm							
9:45pm							

Lap Swim

A time reserved exclusively for lap swimming and other conditioning activities. Must be age 14+
*No lap swim during Family Fun Night Open Swim (3rd Wednesday of every month, 6:30-8:30pm).

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.

Open Swim (School Closure)

Open Swim will be added from 1-3pm for school closures:
JAN. 20
FEB. 14 & 17
MAR. 6 & 9-13

Group Fitness

A variety of fun, FREE classes for members.

The Gauntlet

A time reserved for Gauntlet party rentals, a floating obstacle course for children ages 6+. Contact a Reservation Specialist at 365-7393 for more information.
*Every 3rd Wednesday for Family Fun Night.

Rental

A time reserved for pre-booked special programming in the pool.



POOL HOURS
MON-THUR
5AM-9:45PM
FRI
5AM-8:45PM
SAT-SUN
7AM-7:45PM