

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



# SOUTH POOL SCHEDULE WINTER/SPRING 2020

JANUARY 6 – MAY 24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Lap Swim 5 lanes	Lap Swim 4 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 4 lanes	Lap Swim 5 lanes	
5:30am		Private Lessons 1 lane					
6am	Masters Swim 3 lanes		Masters Swim 3 lanes		Masters Swim 3 lanes		
6:30am	Lap Swim 2 lanes		Lap Swim 2 lanes		Lap Swim 1 lane		
7am	Lap Swim 5 lanes		Lap Swim 5 lanes		Lap Swim 5 lanes		Lap Swim 5 lanes
7:30am							
8am							Lap Swim 4 lanes
8:30am						Lap Swim 4 lanes	Private Lessons 1 lane
9am	Lap Swim 4 lanes		Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		Lap Swim shared with Tri-Sport Swim Training (LAST SUNDAY OF EACH MONTH)
9:30am	H2O Cardio		H2O Cardio		H2O Cardio		
10am							Lap Swim 4 lanes
10:30am	Lap Swim 4 lanes	Group Lessons	Lap Swim 4 lanes	Group Lessons	Lap Swim 4 lanes	Lap Swim 4 lanes	
11am		Lap Swim 1 lane		Lap Swim 1 lane		Open Swim	Open Swim
11:30am						Lap Swim 1 lane	Lap Swim 1 lane
12pm							
12:30pm		Masters Swim		Masters Swim		Lap Swim 1 lane	Lap Swim 1 lane
1pm		Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 5 lanes	Lap Swim 5 lanes
1:30pm						Group Lessons	Group Lessons
2pm						Lap Swim 4 lanes	Lap Swim 1 lane
2:30pm							
3pm							
3:30pm							
4pm	Group Lessons	Open Swim	Group Lessons	Open Swim			Open Swim
4:30pm	Lap Swim 1 lane		Lap Swim 1 lane				
5pm		Group Lessons		Group Lessons			
5:30pm							
6pm	Open Swim		Open Swim		Open Swim	Lap Swim 5 lanes	Lap Swim 5 lanes
6:30pm	Lap Swim 1 lane		Lap Swim 1 lane		Lap Swim 1 lane		
7pm	Private Lessons 1 lane		Private Lessons 1 lane				
7:30pm		H2O Cardio (7:05-8:05pm)		H2O Cardio (7:05-8:05pm)			
8pm	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes	Lap Swim 5 lanes		
8:30pm							
9:00pm							
9:30pm							
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.

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.

Swim Team

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

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.

Wading Pool

A shallow 2ft pool for parents and their little ones to test the waters. Hours of operation listed to the right. ***The Wading Pool is closed during Group Swim Lessons.***

Wading Pool Hours

<b>Mon</b>	5am-4pm, 6-9:45pm
<b>Tues</b>	5-10am, 11am-5pm, 6:30-9:30pm
<b>Wed</b>	5am-4pm, 6pm-9:45pm
<b>Thurs</b>	5-10am, 11am-5pm, 6:30-9:30pm
<b>Fri</b>	5am-9:45pm
<b>Sat</b>	7am-1:30pm, 3-7:45pm
<b>Sun</b>	7am-1:30pm, 3-7:30pm