

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



SOUTH POOL SCHEDULE SUMMER 2018



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		Lap Swim 4 lanes
5:30am							
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 2 lanes		
7am	Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes
7:30am							
8am							
8:30am							
9am							
9:30am	H2O Cardio		H2O Cardio		H2O Cardio		
10am							
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			
11:30am							
12pm							
12:30pm		Masters Swim		Masters Swim			
1pm	Open Swim		Open Swim		Open Swim		
1:30pm							
2pm							
2:30pm							
3pm	Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes		
3:30pm							
4pm	Group Lessons		Group Lessons				
4:30pm	Lap Swim 1 lane		Lap Swim 1 lane				
5pm							
5:30pm		Group Lessons		Group Lessons			
6pm	Open Swim	Swim Team	Open Swim	Swim Team			
6:30pm	Lap Swim 1 lane		Lap Swim 1 lane				
7pm							
7:30pm	H2O Cardio		H2O Cardio				
8pm	Lap Swim 4 lanes	Lap Swim 1 lane	Lap Swim 4 lanes	Lap Swim 1 lane	Open Swim		Lap Swim 4 lanes
8:30pm		Private Lessons 1 lane		Private Lessons 1 lane	Lap Swim 1 lane		
9:00pm							
9:30pm					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.

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 left. **The Wading Pool is closed during Group Swim Lessons.**

Wading Pool Hours	
Mon	5am-4pm, 6-9:45pm
Tues	5-10am, 12pm-5, 7-9:45pm
Wed	5am-4pm, 6pm-9:45pm
Thurs	5-10am, 12pm-5, 7-9:45pm
Fri	5am-9:45pm
Sat	7am-1:30pm, 4-7:45pm
Sun	7am-1:30pm, 4-7:45pm