

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



SOUTH POOL SCHEDULE FALL/WINTER 2018-19

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	Private Lessons 1 lane	Private Lessons 1 lane	Private Lessons 1 lane	Private Lessons 1 lane	Private Lessons 1 lane	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 2 lanes		
7am	Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes		
7:30am							Lap Swim 4 lanes
8am							Private Lessons 1 lane
8:30am							
9am							Lap Swim shared with Tri-Sport Swim Training (LAST SUNDAY OF EACH MONTH)
9:30am	H2O Cardio		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	Lap Swim 4 lanes
11am		Lap Swim 1 lane		Lap Swim 1 lane			Open Swim
11:30am						Open Swim	Lap Swim 1 lane
12pm		Masters Swim		Masters Swim			
12:30pm							
1pm		Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes	Lap Swim 4 lanes
1:30pm							Little Ones
2pm						Little Ones	Lap Swim 1 lane
2:30pm						Group Lessons	Group Lessons
3pm							
3:30pm							
4pm	Group Lessons	Open Swim	Group Lessons	Open Swim		Open Swim	Open Swim
4:30pm	Lap Swim 1 lane		Lap Swim 1 lane				
5pm		Group Lessons		Group Lessons	Swim Team		
5:30pm		Swim Team		Swim Team			
6pm	Open Swim		Open Swim				
6:30pm	Lap Swim 1 lane		Lap Swim 1 lane			Lap Swim 4 lanes	Lap Swim 4 lanes
7pm	Private Lessons 1 lane		Private Lessons 1 lane				
7:30pm		H2O Cardio (7:05-8:05pm)		H2O Cardio	Lap Swim 1 lane	Open Swim	
8pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Private Lessons 1 lane	Lap Swim 1 lane	Lap Swim 4 lanes
8:30pm		Private Lessons 1 lane		Private Lessons 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, 11am-5pm, 6:30-9:30pm
Wed 5am-4pm, 6pm-9:45pm
Thurs 5-10am, 11am-5pm, 6:30-9:30pm
Fri 5am-9:45pm
Sat 7am-1:30pm, 3-9:30pm
Sun 7am-1:30pm, 3-8:30pm