LAP POOL SCHEDULE

Current from September 15th, 2021

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 AM							
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running	Deep Water Running		
9:00 AM							
9:30 AM		Deep Water Running		Deep Water Running	Deep Water Running	Aqua Rotation	
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12 - NOON							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Madison Central ST Practice - 2p-3:30p	Madison Central ST Practice - 2p-3:30p	Madison Central ST Practice - 2p-3:30p	Madison Central ST Practice - 2p-3:30p	Madison Central ST Practice - 2p-3:30p		Deep Water Running
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Makos Swim Team Practice 3 Lanes - 4p-6p	Makos Swim Team Practice 3 Lanes - 4p-6p	Makos Swim Team Practice 3 Lanes - 4p-6p	Makos Swim Team Practice 3 Lanes - 4p-6p	Makos Swim Team Practice 3 Lanes - 4p-6p		
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM				Deep Water Running - 6p-6:45p			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

Lap Pool Use Guidelines:

The Lap pool is for continuous lap swimming and aquatic exercise. Lane sharing by circle swimming is encouraged but limit lane sharing to 4 persons at this time. Utilize lanes 1 and 2 for aquatic exercise, walking, and jogging. During group exercise, Instructors may use up to three lanes of the lap pool, if needed. Please be aware that swim team practice occurs weekly and shared lane use is encouraged during those times. The deeper lanes may be utilized for higher level private and group lessons from time to time.

Color Key:

	Indicates open times for lap swimming and exercise.
	Indicates a Group Exercise Aquatic Class.
	Indicates a Swim Team Practice Time
	Indicates hours the Facility is closed.

Please Note:

Lifeguards are available on weekdays from 8a-Close and Open-Close on the weekends.

Lifeguard classes take place one weekend a month and utilize lanes 5 and 6.

These are the scheduled times the Lap Pool will be open. At times, certain areas of the pool may be closed due to activities, cleaning, programming, maintenance, staffing and circumstances beyond our control.

Management reserves the right to alter the pool schedule when it is deemed necessary.

Members will be notified of unscheduled activities.

Members ages 12 years and younger may lap swim but only with direct parental supervision, sharing a lane. Members 13 and older may lap swim only, no recreational swimming.

Pools close 15 minutes prior to facility close.