

Aquatics

January 4th to February 28th, 2025 - Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:30 *Lap Only	5:30-8:30 *Lap Only	5:30-8:30 *Lap Only	5:30-8:30 *Lap Only	5:30-8:30 *Lap Only		
8:35-9:30 Water Exercise No Lap	8:35-9:30 Water Exercise No Lap	8:35-9:30 Water Exercise No Lap	8:30-9:30 2 Lap Lanes Member Swim	8:35-9:30 Water Exercise No Lap	7:00-9:00 *Lap Only	7:00-9:00 *Lap Only
9:30-12:00 2 Lap Lanes Member Swim	9:30-12:00 1 Lap Lane Member Swim Adult LTS	9:30-12:00 1 Lap Lane Lessons	9:30-12:00 1 Lap Lane Lessons	9:30-12:00 2 Lap Lanes Member Swim	9:00-12:00 Lessons Jr Swim Club Kiddie	9:00-11:30 Lessons Member Swim Kiddie
12:00-2:00pm Closed on Weekdays					12:00-3:00 Member Swim Kiddie	11:30-3:00 Member Swim Kiddie
2:00-4:00 2 Lap Lane Member Swim	2:00-4:30 2 Lap Lane Member Swim	2:00-4:00 2 Lap Lane Member Swim	2:00-4:30 2 Lap Lane Member Swim	2:00-4:30 2 Lap Lane Member Swim	3:00-6:00 Member Swim Kiddie 1 Lap Lane	3:00-6:00 Member Swim Kiddie 1 Lap Lane
4:00-6:00 1 Lap Lane Lessons Member Swim	4:30-6:30 Lessons Jr Swim Club Kiddie	4:00-6:00 1 Lap Lane Lessons Member Swim	4:30-6:30 Lessons Jr Swim Club Adult LTS Kiddie	4:30-6:30 1 Lap Lane Lessons Kiddie		
6:00-7:00 1 Lap Lane Adult LTS	6:30-7:00 1 Lap Lane Jr Swim Club Lessons	6:00-7:00 2 Lap Lanes Lessons	6:30-7:00 Adult LTS Jr Swim Club Lessons	6:30-7:00 2 Lap Lanes Lessons		
	7:00-8:00 2 Lap Lanes Lessons	7:00-8:00 2 Lap Lanes Lessons	7:00-8:00 2 Lap Lanes Lessons			

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Member Swim & Lap Swim Policies

- **ALL Members are expected to follow the direction of the Lifeguards at all times.**
- **Lap Swimmers must have a reservation (reserve through member portal/SPX App/front desk)**
- **Lap Swim no shows/cancellations less than 24 hours will be charged a \$10.00 no show fee**
- **Lap Swim reservations should last no longer than 1 hour straight.**
- **Minimum Age for Booking a Lap Lane is 16 years old.**
- **During Lap Swim, kick boards, fins or water exercise barbells may be used.**
- **Member Swim is Recreational Swim for current members only.**
- **During Member Swim only backpack flotation aids and pool noodles provided by the club may be used. NO OUTSIDE FLOTATION ALLOWED.**
- **During Camp Swim - Only Campers and Camp Staff have access to the Pool Deck Locker Rooms - All Members must use the main locker rooms inside the facility.**
- **Private and Semi-Private lessons may take place during Member Swim & Lap Swim**
- **Modified Schedule Dates - 1/20, 1/29, 2/14, 2/17 - call for lap lane/member swim/kiddie pool times.**

Please be aware of the following criteria when booking your lap reservations:

Advanced/Circle Swim:

- Previous competitive swim experience.
- Planning to swim an organized workout during each lap swim session
- Follows the pace clock
- Combines stroke and drill sets
- Respectful of circling with other swimmers of similar ability

Intermediate Swimmer:

- Planning to swim an organized workout during each lap swim session
- Can swim at minimum Freestyle/Front Crawl or Backstroke in a straight line at least 50 yards/2 lengths of the pool without stopping with no equipment.
- When needed can circle swim (i.e. - when there is only one lane available and circle swimming is mandatory.)

Slow & Jogging Lane:

- Can swim one length of the pool straight without stopping.
- Can jog one length of the pool straight without stopping.
- Safe in both shallow and deep water with or without flotation.