



Indoor Family Pool Schedule

September-June

During Open Swim, children are welcome in the Family Pool; the Lap Pool is available to all members over 18 from 5:00am-9:30pm Monday-Friday, 7:00am-7:30pm Saturday, and 8:00am-7:30pm Sunday; all indoor pools close for all activities 30 minutes prior to club closing.

Monday - Friday

5:00-7:00am: Open for Adult Only Aquatic Exercise

7:00-9:00am: Closed for Aquatic Group Fitness

9:00-10:45am: Open Swim
(Monday-Thursday)

10:45-1:30pm: Closed for Aquatic Group Fitness/Lessons

1:30-3:30pm: Open Swim
(Monday – Thursday)

1:30-8:30 Open Swim
(Friday)

3:30-6:30pm: Closed for Swim Lessons/
Aquatic Group Fitness (Monday – Thursday)

6:30-8:30pm: Open Swim

8:30-9:30pm: Open for Adult Only Aquatic Exercise and Valley Programs

Saturday & Sunday

7:00-8:30am: Open for Adult Only Aquatic Exercise

8:30-10:30am: Closed for swim lessons
(Saturday Only)

10:30-4:00pm: Open Swim
(Saturday)

9:30-4:00: Open Swim
(Sunday)

4:00-5:30pm: Open for Adult Only Aquatic Exercise and Valley Programs

5:30-7:30pm: Open Swim