

Activity Pool Schedule

Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:10-6:55am Aqua Class		6:10-6:55am Aqua Class			
9:35-10:20am Aqua Class	9:35-10:20am Aqua Class	9:35-10:20am Aqua Class	9:35-10:20am Aqua Class	9:35-10:20am Aqua Class		9:35-10:20am Aqua Class
10:30-11:30am Sr. Aquatics	10:30-11:30am Sr. Aquatics	10:30-11:30am Sr. Aquatics		10:30-11:30am Sr. Aquatics	9:00am-12:00pm Dolphin Swim School	
3:30pm-4:45pm Swim Team	3:30pm-4:45pm Swim Team	3:30pm-4:45pm Swim Team	3:30pm-4:45pm Swim Team	3:30pm-4:45pm Swim Team		
4:45pm-6:30pm Swim Team*	5:30pm 6:30pm Dolphin Swim School	4:45pm-6:30pm Swim Team*	4:45pm-5:50pm Dolphin Swim School	5:30pm-6:30pm Dolphin Swim School	4:45pm-6:30pm Swim Team*	4:45pm-6:30pm Swim Team*

- Water Exercise  
see [acac.com](http://acac.com) or the app for class descriptions
- Swim Lessons
- Family Time
- Lap Swim Availability

\*Lane split may vary. Visit the member portal or app for most up to date lane availability prior to making reservations. \*Visit [acac.com](http://acac.com) or the [acac](http://acac.com) app for a list of aqua classes and descriptions.

**Please Note: Private swim lessons and private group swim lessons are offered during operational hours in all pools. Schedule and hours are subject to change.**

Updated on 3/26/24. Subject to change.

## Warm Water Pool Schedule

Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am Family Time		9:30-10:30am Family Time	9:30am-10:45pm Dolphin Babies	9:30-10:30am Family Time	9:00am-12:00pm Dolphin Swim School	10:30-12:30pm Family Time
	12:00pm-12:45pm Aqua Class	12:00pm-12:45pm Aqua Class	12:00pm-12:45pm Aqua class	12:00pm-12:45pm Aqua class	12:00pm-5:00pm Family Time	2:30-4:30pm Family Time
4:00-6:00pm Family Time	4:00-5:30pm Family Time	4:00-6:00pm Family Time	4:00-5:30pm Family Time	4:00-7:00pm Family Time	Pools close at 6:45pm	
	5:30-6:30pm Dolphin Swim School	6:00-7:00pm Warm Water Exercise for Pain Relief	5:30-6:30pm Dolphin Swim School		Pools close at 6:45pm	
6:00-6:30pm Dolphin Swim School						
Pools close at 9:45pm		Pools close at 9:45pm		Pools close at 9:45pm		Pools close at 8:45pm

- Masters/SGT
- Water Exercise  
see acac.com or the app for class descriptions
- Swim Lessons
- Family Time
- Lap Swim Availability

\*Visit [acac.com](http://acac.com) or the **acac** app for a list of aqua classes and descriptions.

## Lap Pool Schedule

Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Masters Swim 8:00am-9:00am					
4:45pm-6:30pm Swim Team	4:45pm-6:30pm Swim Team	4:45pm-6:30pm Swim Team	4:45pm-6:30pm Swim Team	4:45pm-6:30pm Swim Team		
			Masters Swim 6:30pm-7:30pm		Pools close at 6:45pm	
Pools close at 9:45pm		Pools close at 9:45pm		Pools close at 8:45pm		

**Please Note:** Private swim lessons and private group swim lessons are offered during operational hours in all pools. Schedule and hours are subject to change.

**Family Swim Reminder:** families (with children under 13) are allowed to use the warm water pool, for recreational swimming, only during designated Family Times. Children under the age of 14 need to be supervised by their parents when in the Aquatics Center when there is not a guard on duty. Additionally, we do not cancel family time if there is not a guard available. During these times parents **MUST** closely monitor their children.