

NO ONE under 14 may use the pool without a parent or guardian (adult member over the age of 18). Parent/guardian must be within sight at all times. NO ONE under 14 is permitted in the Hot Tub, Steam Room, or Sauna.

Please Note: Assigned lanes are reserved for class participants only during scheduled activities. Bon Secours will be using the pool for physical therapy 12:30-3:30, Monday-Friday.

Lap/Open Swim	Independent or privately coached swimming, walking, or jogging back
Swim Lessons	Fee based group swimming lessons, by registration only
Masters/Triathlon	Fee based swim fitness training for adults, by registration only
Aqua Fitness	Instructor led group fitness class
Swim Club	USA Swimming affiliated swim team, by registration only

Pool Temperature: 83° for Lap Swim
Pool Length: 25 Yards (35 round-trips = 1 mile)

		5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
SUN	Lane 1	Pool Opens 6:30am									Lap/Open Swim								Pool Closes 7:30pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Lane 5																		
MON	Lane 1	Pool Opens 5:00am			Masters/ Triathlon 7:00-8:00		Aqua Fitness 9:00-10:00				Lap/Open Swim			Swim Club 3:45-6:00 (pool closed)		Aqua Fitness 6:15-7:15			Pool Closes 9:30pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Lane 5																		
TUE	Lane 1	Pool Opens 5:00am					Aqua Fitness 9:00-10:00				Maintenance 1:00-2:00 *1 st and 3 rd Tues of month* (pool closed)			Swim Club 3:45-6:00 (pool closed)		Swim Lessons 4:30-7:30			Pool Closes 9:30pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Lane 5																		
WED	Lane 1	Pool Opens 5:00am			Masters/ Triathlon 7:00-8:00		Aqua Fitness 9:00-10:00				Lap/Open Swim			Swim Club 3:45-6:00 (pool closed)		Aqua Fitness 6:15-7:15			Pool Closes 9:30pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Lane 5																		
THU	Lane 1	Pool Opens 5:00am					Aqua Fitness 9:00-10:00				Lap/Open Swim			Swim Club 3:45-6:00 (pool closed)			Adult Lessons 7:30-8:00		Pool Closes 9:30pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Lane 5																		
FRI	Lane 1	Pool Opens 5:00am			Masters/ Triathlon 7:00-8:00		Aqua Fitness 9:00-11:00				Lap/Open Swim			Swim Club 3:45-6:00 (pool closed)					Pool Closes 8:30pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Lane 5																		
SAT	Lane 1	Pool Opens 6:30am					Aqua Fitness 9:00-10:00					Lap/Open Swim							Pool Closes 7:30pm
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Lane 5																		