

Activity Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:05-9:50am Aqua Class	9:05-9:50am Aqua Class	9:05-9:50am Aqua Class	9:05-9:50am Aqua Class	9:05-9:50am Aqua Class	8:30-10:30am Elite Performance Program
					10:00-12:00pm Elite Performance Program	
	12:05-12:50pm Aqua Class		12:05-12:50am Aqua Class			
3:45-5:45pm Elite Performance Program	3:15-5:45pm Elite Performance Program	3:45-5:45pm Elite Performance Program	3:15-5:45pm Elite Performance Program	3:45-5:45pm Elite Performance Program		
					Pools close at 6:45pm	Pools close at 6:45pm
6:00-7:00pm Aqua Class		6:00-7:00pm Aqua Class				
Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 8:45pm		

Water Exercise
see acac.com or the app for class descriptions

Swim Lessons

Lap Swim Availability

*Lane split may vary. Visit the member portal or app for most up to date lane availability prior to making a reservation.

*Visit **acac.com** or the **acac** app for a list of aqua classes and descriptions.

Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30-10:30pm Family Time		9:30-10:30pm Family Time		9:00-12:00pm Dolphin Swim School	9:00-11:00am Family Time
1:00-2:00pm Aqua Class	1:00-2:00pm Aqua Class	1:00-2:00pm Aqua Class	1:00-2:00pm Aqua Class	1:00-2:00pm Aqua Class		
4:00-5:10pm Dolphins Swim School		3:30-5:10pm Dolphins Swim School		4:00-5:45pm Dolphins Swim School	3:00-5:30pm Family Time	3:00-5:30pm Family Time
5:00-7:00pm Family Time	3:30-6:30pm Family Time	5:00-7:00pm Family Time	3:30-6:30pm Family Time	4:00-5:00pm Family Time	Pools close at 6:45pm	Pools close at 6:45pm
Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 9:45pm	Pools close at 8:45pm		

Water Exercise
see acac.com or the app for class descriptions

Swim Lessons

Family Time

Free Swim Availability

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. Weekend lanes may be affected by aquatics programming. Updated on 10/20/25. Subject to change.