aquatics | acac

GREENVILLE **POOL SCHEDULE**

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.

Assigned lanes are reserved for class participants only during scheduled activities. Pool is CLOSED during all Aqua Fitness or Fluid Motion classes.

Adult Swim	Pool reserved for adult members
Swim Lessons	Fee-based group lessons*
Youth Programming	Pool reserved for Adventure Central
Aqua Fitness	Instructor-led group fitness class
Open Swim	All independent or privately coached activities

**Available by registration only.*

Pool Temperature: A therapeutic 86°F
Pool Length: 15 meters (52 round trips = 1 mile)

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
SUN	Lane 1	Pool Opens 7:30am		Adult Swim					Open Swim							Pool Closes 7:30pm	
	Lane 2																
	Lane 3																
	Lane 4																
MON	Lane 1	Pool Opens 5:00am		Adult Swim		Aqua Fitness 9-10:00	Fluid Motion 10:15-11	Home-school Swim Club 11:15-12		Open Swim			Group Lessons 4:00-6:30			Pool Closes 9:00pm	
	Lane 2																
	Lane 3																
	Lane 4																
TUE	Lane 1	Pool Opens 5:00am		Adult Swim		Aqua Fitness 9-10:00	Swim Lessons 10:15-11:30			Open Swim				Aqua Fitness 5:30-6:30		Pool Closes 9:00pm	
	Lane 2																
	Lane 3							Adult Lessons 12-12:30									
	Lane 4																
WED	Lane 1	Pool Opens 5:00am		Adult Swim		Aqua Fitness 9-10:00	Fluid Motion 10:15-11		Maintenance 12:00-1:00 *POOL* *CLOSED*	Open Swim			Group Lessons 4:00-6:30			Pool Closes 9:00pm	
	Lane 2																
	Lane 3														Adult Lessons 7:15-7:45		
	Lane 4																
THU	Lane 1	Pool Opens 5:00am		Adult Swim		Aqua Fitness 9-10:00				Open Swim				Aqua Fitness 5:30-6:30		Pool Closes 9:00pm	
	Lane 2																
	Lane 3																
	Lane 4																
FRI	Lane 1	Pool Opens 5:00am		Adult Swim		Aqua Fitness 9-10:00	Fluid Motion 10:15-11			Open Swim						Pool Closes 7:30pm	
	Lane 2																
	Lane 3																
	Lane 4																
SAT	Lane 1	Pool Opens 7:30am		Adult Swim		Aqua Fitness 9-10:00	Swim Lessons 10:15-1:00			Open Swim						Pool Closes 7:30pm	
	Lane 2																
	Lane 3																
	Lane 4																

Updated 8/10/26