

SPORTSCLUB FIVE FORKS POOL SCHEDULE: September - May

Anyone with children of the opposite sex over the age of 4, please use the family changing rooms!

*****DHEC REGULATIONS REQUIRE: All children under the age of 14 must be supervised by an adult (18 years or older).*****

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY	
5:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
5:30	Lap Swim	Lap Swim Triathlon/Masters	Lap Swim	Lap Swim Triathlon/Masters	Lap Swim				
6:00	Lap Swim	Lap Swim Class	Lap Swim	Lap Swim Class	Lap Swim				
6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
7:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap Swim	
8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Triathlon/Masters		Lap Swim	
8:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Class		Lap Swim	
9:00	AQUA FITNESS	Lap Swim	FINNING	Lap Swim	AQUA FITNESS	Open Swim		Lap Swim	
9:30	AQUA FITNESS	FLUID MOTION	FINNING	FLUID MOTION	AQUA FITNESS	Open Swim		Lap Swim	
10:00	TADPOLES	9:30-10:15	TADPOLES	9:30-10:15	Open Swim	TADPOLES Open Swim		Lap Swim	
10:30	GUPPIES	Open Swim	GUPPIES	Open Swim	Open Swim	GUPPIES Open Swim		Lap Swim	
11:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	DOLPHINS Open Swim		Lap Swim	
11:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Lap Swim	
12:00	Lap Swim Triathlon/Masters	Open Swim	Lap Swim Triathlon/Masters	Open Swim	Lap Swim Triathlon/Masters	Open Swim		Open Swim	
12:30	Lap Swim Class	Open Swim	Lap Swim Class	Open Swim	Lap Swim Class	Open Swim		Open Swim	
1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	
1:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	
2:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	
2:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	
3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	
3:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	
4:00	SPORTSCLUB SWIMMERS 4:00-6:00						Open Swim		Open Swim
4:30	Pool Closed						Open Swim		Open Swim
5:00							Open Swim		Open Swim
5:30							Open Swim		Lap Swim
6:00	AQUA FITNESS	Aqua	AQUA FITNESS	TADPOLES	Open Swim	Open Swim		Lap Swim	
6:30	AQUA FITNESS	Boot Camp	AQUA FITNESS	GUPPIES	Open Swim	Open Swim		Lap Swim	
7:00	Lap Swim Triathlon/Masters	Open Swim	Lap Swim	DOLPHINS Triathlon/Masters	Open Swim	Lap Swim Lap Swim		Lap Swim	
7:30	Lap Swim Class	Open Swim	Lap Swim	Lap Swim Class	Open Swim	Lap Swim Lap Swim		Lap Swim	
8:00	Lap Swim	Open Swim	Lap Swim	Lap Swim	Open Swim	Lap Swim Lap Swim		Lap Swim	
8:30	Lap Swim	Open Swim	Lap Swim	Lap Swim	Open Swim	Lap Swim Lap Swim		Lap Swim	
9:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Lap Swim Lap Swim		Lap Swim	
9:30-close	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Lap Swim Lap Swim		Lap Swim	

We request that there be no small children during lap swim. ***** Children over the age of 10 may be in the pool if they are swimming laps. *****

We try to maintain at least two lap lanes open at all times. The two exceptions to this rule are as follows:

1. The pool is closed during the Sportsclub Swimmers Practice. 2. If an Aqua Fitness class has more than 20 participants we will drop to one lap lane.