



SPORTSCLUB AQUATICS

FIVE FORKS POOL SCHEDULE EFFECTIVE 9/5/22

NO ONE under 14, including children 11-13 who have completed Youth Experience, 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, including children 11-13 who have completed Youth Experience, is permitted in the Hot Tub, Steam Room, or Sauna.

Please Note: Assigned lanes are reserved for class participants only during scheduled activities. Pool will be CLOSED Monday - Friday, 3:45-6:00pm for Swim Team.

Lap 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
Open Swim	All independent or privately coached activities
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
SUNDAY	Pool Opens 6:30am		Open Swim															Pool Closes 10:00pm
MONDAY	Pool Opens 5:00am		Masters/Triathlon 7:00-8:00	Adult Lessons 8:00-8:45	Aqua Fitness 9:00-11:00	Open Swim						Swim Club 3:45-6:00	Aqua Fitness 6:15-7:15	Open Swim			Pool Closes 10:00pm	
TUESDAY	Pool Opens 5:00am				Aqua Fitness 8:45-9:45	Swim Lessons 10:00-11:30	Open Swim					Swim Club 3:45-6:00	Swim Lessons 6:15-8:00	Open Swim		Pool Closes 10:00pm		
WEDNESDAY	Pool Opens 5:00am		Masters/Triathlon 7:00-8:00			Aqua Fitness 9:00-10:00	Open Swim						Swim Club 3:45-6:00	Aqua Fitness 6:15-7:15	Open Swim		Pool Closes 10:00pm	
THURSDAY	Pool Opens 5:00am				Aqua Fitness 9:00-10:00	Open Swim					Swim Lessons 3:00-6:45	Open Swim			Pool Closes 10:00pm			
FRIDAY	Pool Opens 5:00am		Masters/Triathlon 7:00-8:00			Aqua Fitness 9:00-11:00	Open Swim					Swim Club 3:45-6:00	Adult Lessons 6:15-7:00	Open Swim		Pool Closes 10:00pm		
SATURDAY	Pool Opens 6:30am		Swim Club 7:00-8:30	Aqua Fitness 9:00-10:00	Swim Lessons 10:15-1:00	Open Swim												Pool Closes 10:00pm