

Clubworx Indoor Pool Schedule (revised 11/23)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time					
5:00a	Adult Lap	Masters	Adult Lap	Masters	Adult Lap			5:00a					
5:30a		Swim		Swim									
6:00a													
6:30a													
7:00a		Swim		Swim				Swim	Swim	Adult Lap		7:00a	
7:30a		5:00-9:30am		6:00-9:30am				5:00-9:30am	6:00-9:30am	5:00-9:30am	Swim		7:30a
8:00a											7-9:30am		8:00a
8:30a													8:30a
9:00a													9:00a
9:30a		Group Classes		Group Classes				Group Classes	Group Classes	Group Classes	Group Classes		9:30a
10:00a	9:30am	9:30am	9:30am	9:30am	9:30am	9:30am	Adult Lap	10:00a					
10:30a	Modified Open Swim	Modified Open Swim	Modified Open Swim	Modified Open Swim	Modified Open Swim	Modified Open Swim	Swim	10:30a					
11:00a	10:30am-12pm	10:30am-12pm	10:30am-12pm	10:30am-12pm	10:30am-12pm	10:30am-6:45pm	10am-12pm	11:00a					
11:30a								11:30a					
12:00p	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim			12:00p					
12:30p	12-1pm	12-1pm	12-1pm	12-1pm	12-1pm			12:30p					
1:00p								1:00p					
1:30p	Modified Open Swim	Modified Open Swim	Modified Open Swim	Modified Open Swim	Modified Open Swim			1:30p					
2:00p	1-4:30pm	1-5pm	1-4:30pm	1-5pm	1-7:45pm			2:00p					
2:30p								2:30p					
3:00p						Possible Pool Parties	Possible Pool Parties	3:00p					
3:30p								3:30p					
4:00p								4:00p					
4:30p					Swim Team 4:30-5:30pm			4:30p					
5:00p	Swim Team 4:30-7:15pm	Lessons 5-5:45pm	Swim Team 4:30-7:15pm	Lessons 5-5:45pm				5:00p					
5:30p		Lessons 6-6:45pm		Lessons 6-6:45pm				5:30p					
6:00p								6:00p					
6:30p								6:30p					
7:00p	High School Team	Group Classes 7-8pm	High School Team	Group Classes 7-8pm	High School 7-8pm			7:00p					
7:30p								7:30p					
8:00p	8-9:45pm	High School Team	8-9:45pm	High School Team				8:00p					
8:30p								8:30p					
9:00p	Adult Swim	8-9:45pm	Adult Swim	8-9:45pm				9:00p					
9:30p	9:15-10pm		9:15-10pm					9:30p					

**Physical Therapy and Swim Lessons have priority in lanes.*

**Must have a reservation to swim. Please cancel 2 hours in advance.*