

Clubworx Indoor Pool Schedule (revised 09/24)

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

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

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