

# LAP POOL

## SCHEDULE

DOWNTOWN  
ATHLETIC CLUB

### MON / WED / FRI

**Adult Lap Swim**

5AM-12PM

**Master Swim**

12PM-1PM

**Adult Lap Swim**

1PM-2PM

**Open Lap Swim**

2PM-8PM

**Moonlight Swim**

8PM-9PM

### TUESDAY & THURSDAY

**Adult Lap Swim**

5AM-5:30AM

**Master Swim**

5:30AM-6:30AM

**Adult Lap Swim**

6:30AM-2PM

**Open Lap Swim**

2PM-8PM

**Moonlight Swim**

8PM-9PM

### SATURDAY & SUNDAY

**Adult Lap Swim**

7AM-10AM

**Open Lap Swim**

10AM-7PM

Updated 6/13/24

Lap Pool Temp is 81.5°F

Youth Pool Hours are from 2-8pm M-F and at 10am on weekends. Children under 14 must be accompanied by an adult at all times. No lifeguard on duty.

Club Hours | Mon - Fri 5AM-9PM | Sat - Sun 7AM-7PM