



# Lap Pool Fall/Winter Schedule 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am		WFFM 5:30am - 7:00am (3 Lanes)					
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am						WFFM 8:30am-11am (3 Lanes)	
9:00am	Aqua Fitness 9am - 10am						
9:30am							
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm		WFFM 5:00pm - 8:00pm (4Lanes)					
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							

\*A designated lane will be open for lap swimming at all times.

### Pool Hours

Monday - Friday      5:00 am – 9:30 pm  
 Saturday              6:00 am – 8:30 pm  
 Sunday                 8:00am – 4:30 pm

### Pool Rules

**Children 5 and under:** a parent must be in the water and a lifejacket strongly recommended  
**Children 6-12:** must be with an adult  
**Junior Members 12-15:** may use the pool when a lifeguard is on duty or with a parent