

# Aquatics

August 18th - August 24th, 2025 Pool Schedule

***** All Summer Schedules Weather Permitting*****						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-8:00</b> 3 Lap Lanes	<b>6:00-8:00</b> 3 Lap Lanes	<b>6:00-8:00</b> 3 Lap Lanes	<b>6:00-9:30</b> 3 Lap Lanes **Lane lines will be removed at 9:25am	<b>6:00-8:00</b> 3 Lap Lanes	<b>7:00-9:00</b> 3 Lap Lanes	<b>7:00-9:00</b> 3 Lap Lanes
<b>8:15-9:15</b> Water Exercise No Lap	<b>8:15-9:15</b> Water Exercise No Lap	<b>8:15-9:15</b> Water Exercise No Lap		<b>8:15-9:15</b> Water Exercise No Lap	<b>9:00-12:00</b> <b>Lessons</b> Kiddie	<b>9:00-11:30</b> <b>Lessons</b> Member Swim Kiddie
<b>9:30-11:00</b> <b>Camp Swim Only</b>	<b>9:30-11:00</b> <b>Camp Swim Only</b>	<b>9:30-11:00</b> <b>Camp Swim Only</b>	<b>9:30-11:00</b> <b>Camp Swim Only</b>	<b>9:30-11:00</b> <b>Camp Swim Only</b>	<b>12:00-3:00</b> Member Swim Kiddie	<b>11:30-3:00</b> Member Swim Kiddie
<b>11:00-1:00</b> 1 Lap Lane Member Swim Kiddie	<b>11:00-1:00</b> 1 Lap Lane Member Swim Kiddie	<b>11:00-1:00</b> 1 Lap Lane Member Swim Kiddie	<b>11:00-1:00</b> 1 Lap Lane Member Swim Kiddie	<b>11:00-1:00</b> 1 Lap Lane Member Swim Kiddie	<b>3:00-6:00</b> Member Swim Kiddie 1 Lap Lane	<b>3:00-6:00</b> Member Swim Kiddie 1 Lap Lane
<b>1:00-2:30</b> <b>Camp Swim &amp; Member Swim</b>	<b>1:00-2:30</b> <b>Camp Swim &amp; Member Swim</b>	<b>1:00-2:30</b> <b>Camp Swim &amp; Member Swim</b>	<b>1:00-2:30</b> <b>Camp Swim &amp; Member Swim</b>	<b>1:00-2:30</b> <b>Camp Swim &amp; Member Swim</b>		
<b>2:30-6:30</b> <b>Member Swim</b> Kiddie  ***4:30-6:30 will be used for Swim Lesson makeups as needed - call to confirm Member Swim availability	<b>2:30-4:30</b> 1 Lap Lane Member Swim Kiddie  <b>4:30-6:30</b> <b>Lessons</b> Kiddie **Limited Member Swim	<b>2:30-4:30</b> 1 Lap Lane Member Swim Kiddie  <b>4:30-6:30</b> <b>Lessons</b> Kiddie **Limited Member Swim	<b>2:30-4:30</b> 1 Lap Lane Member Swim Kiddie  <b>4:30-6:30</b> <b>Lessons</b> Kiddie **Limited Member Swim	<b>2:30-4:30</b> 1 Lap Lane Member Swim Kiddie  <b>4:30-6:30</b> <b>Lessons</b> Kiddie **Limited Member Swim	<b>**Limited Member Swim:</b> Members will be asked to move to different parts of the pool based on lessons. No guests allowed.	
<b>6:30-7:00</b> Adult Programs 1 Lap Lane	<b>6:30-7:00</b> Jr Clinics 1 Lap Lane	<b>6:30-7:30</b> Deep Water Ex. Member Swim	<b>6:30-7:00</b> Jr Clinics 1 Lap Lane	<b>6:30-7:00</b> Jr Clinics 1 Lap Lane		
<b>7:00-7:30</b> 3 Lap Lanes	<b>7:00-7:30</b> 3 Lap Lanes		<b>7:00-7:30</b> 3 Lap Lanes	<b>7:00-7:30</b> 3 Lap Lanes		

# Aquatics

August 25th - September 4th, 2025 Pool Schedule

***** All Summer Schedules Weather Permitting*****						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-8:30</b> 3 Lap Lanes	<b>6:00-8:30</b> 3 Lap Lanes	<b>6:00-8:30</b> 3 Lap Lanes	<b>6:00-9:30</b> 3 Lap Lanes	<b>6:00-8:30</b> 3 Lap Lanes	<b>7:00-9:00</b> 3 Lap Lanes	<b>7:00-9:00</b> 3 Lap Lanes
<b>8:35-9:30</b> Water Exercise No Lap	<b>8:35-9:30</b> Water Exercise No Lap	<b>8:35-9:30</b> Water Exercise No Lap		<b>8:35-9:30</b> Water Exercise No Lap	<b>9:00-12:00</b> Lessons Kiddie	<b>9:00-11:30</b> Lessons Member Swim Kiddie
<b>9:30-4:00</b> 1 Lap Lane Member Swim  <b>Kiddie at 10am</b>	<b>9:30-4:00</b> 1 Lap Lane Member Swim  <b>Kiddie at 10am</b>	<b>9:30-4:00</b> 1 Lap Lane Member Swim  <b>Kiddie at 10am</b>	<b>9:30-4:00</b> 1 Lap Lane Member Swim  <b>Kiddie at 10am</b>	<b>9:30-4:00</b> 1 Lap Lane Member Swim  <b>Kiddie at 10am</b>	<b>12:00-3:00</b> Member Swim Kiddie	<b>11:30-3:00</b> Member Swim Kiddie
<b>4:00-6:30</b> Member Swim Kiddie  ***4:30-6:30 will be used for Swim Lesson makeups as needed - call to confirm Member Swim availability	<b>4:00-6:30</b> Lessons Kiddie **Limited Member Swim	<b>4:00-6:30</b> Lessons Kiddie **Limited Member Swim	<b>4:00-6:30</b> Lessons Kiddie **Limited Member Swim	<b>4:00-6:30</b> Lessons Kiddie **Limited Member Swim	<b>***Attention Members***</b>  <b>Sept 2nd and 3rd we will close at 7pm and Kiddie Pool only 4:00-6:00pm.</b> <b>Sept 4th we will close at 4pm.</b>	
<b>6:30-7:00</b> Lessons 1 Lap Lane	<b>6:30-7:00</b> Jr Clinics/Adults 1 Lap Lane	<b>6:30-7:30</b> Deep Water Ex. Member Swim	<b>6:30-7:00</b> Jr Clinics/Adults 1 Lap Lane	<b>6:30-7:00</b> Lessons 1 Lap Lane		
<b>7:00-7:30</b> 3 Lap Lanes	<b>7:00-7:30</b> 3 Lap Lanes		<b>7:00-7:30</b> 3 Lap Lanes	<b>7:00-7:30</b> 3 Lap Lanes		

# Aquatics

## Member Swim & Lap Swim Policies

- **ALL Members** are expected to follow the direction of the Lifeguards at all times.
- **Lap Swimmers** must have a reservation (reserve through member portal/SPX App/front desk)
- **Lap Swim** no shows/cancellations less than 24 hours will be charged a \$10.00 no show fee
- **Lap Swim** reservations should last no longer than 1 hour straight.
- **Minimum Age** for Booking a Lap Lane is 16 years old.
- During Lap Swim, kick boards, fins, pull buoys or water exercise barbells may be used.
- **Member Swim** is Recreational Swim for current Sportsplex Members only.
- During Member Swim only backpack flotation aids and pool noodles provided by the club may be used. **NO OUTSIDE FLOTATION ALLOWED.**
- During Camp Swim or Preschool Swims - Only Campers/Students and Staff have access to the Pool Deck
- **Locker Rooms** - All Members must use the main locker rooms inside the facility.
- Private and Semi-Private lessons may take place during Member Swim & Lap Swim
- 9/1/25 - Labor Day - Holiday Hours
- 9/4/25 - Last day outdoors - Closing at 4pm
- **Limited Member Swim:** Members will be asked to move to different parts of the pool based on lessons. No guests allowed.
- All Members **MUST** enter from the front entrance of the building.
- **Pool Deck Locker Rooms** Close at the same time as the Pools. Please plan ahead if you wish to shower or change after closing times in the Main Indoor Locker Rooms.

**Please be aware of the following criteria when booking your lap reservations:**

### **Advanced/Circle Swim:**

- Previous competitive swim experience.
- Planning to swim an organized workout during each lap swim session
- Follows the pace clock
- Combines stroke and drill sets
- Respectful of circling with other swimmers of similar ability

### **Intermediate Swimmer:**

- Planning to swim an organized workout during each lap swim session
- Can swim at minimum Freestyle/Front Crawl or Backstroke in a straight line at least 50 yards/2 lengths of the pool without stopping with no equipment.
- When needed can circle swim (i.e. - when there is only one lane available and circle swimming is mandatory.)

### **Slow & Jogging Lane:**

- Can swim one length of the pool straight without stopping.
- Can jog one length of the pool straight without stopping.
- Safe in both shallow and deep water with or without flotation.