

Aquatics

May 23rd to June 29th, 2025 - Pool Schedule

*****All Summer Schedules are Weather Permitting*****

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|---|---|
| 6:00-8:30 *Lap Only | 6:00-8:30 *Lap Only | 6:00-8:30 *Lap Only | 6:00-8:30 *Lap Only | 6:00-8:30 *Lap Only | 7:00-9:00 *Lap Only | 7:00-9:00 *Lap Only |
| 8:35-9:30 Water Exercise No Lap | 8:35-9:30 Water Exercise No Lap | 8:35-9:30 Water Exercise No Lap | 8:30-9:30 2 Lap Lanes Member Swim | 8:35-9:30 Water Exercise No Lap | 9:00-12:00 Lessons Jr Swim Club Kiddie | 9:00-11:30 Lessons Member Swim Kiddie |
| 9:30-12:00 2 Lap Lanes Member Swim | 9:30-12:00 1 Lap Lane Member Swim Adult LTS | 9:30-12:00 1 Lap Lane Preschool Lessons | 9:30-12:00 1 Lap Lane Preschool Lessons | 9:30-12:00 2 Lap Lanes Member Swim | 12:00-3:00 Member Swim Kiddie | 11:30-3:00 Member Swim Kiddie |
| 12:00-2:00 1 Lap Lane Member Swim | 12:00-2:00 1 Lap Lane Member Swim | 12:00-2:00 1 Lap Lane Member Swim | 12:00-2:00 1 Lap Lane Member Swim | 12:00-2:00 1 Lap Lane Member Swim | 3:00-6:00 Member Swim Kiddie 1 Lap Lane | 3:00-6:00 Member Swim Kiddie 1 Lap Lane |
| 2:00-4:00 2 Lap Lane Member Swim | 2:00-4:30 2 Lap Lane Member Swim | 2:00-4:00 2 Lap Lane Member Swim | 2:00-4:30 2 Lap Lane Member Swim | 2:00-4:30 2 Lap Lane Member Swim | | |
| 4:00-6:00 1 Lap Lane Lessons Member Swim | 4:30-6:30 Lessons Jr Swim Club Kiddie | 4:00-6:00 1 Lap Lane Lessons Member Swim | 4:30-6:30 Lessons Jr Swim Club Adult LTS Kiddie | 4:30-6:30 1 Lap Lane Lessons Kiddie | | |
| 6:00-7:00 1 Lap Lane Adult LTS | 6:30-7:00 1 Lap Lane Jr Swim Club Lessons | 6:00-7:00 Member Swim Deep Water Ex. 6:15-7:00pm | 6:30-7:00 Adult LTS Jr Swim Club Lessons | 6:30-7:00 2 Lap Lanes Lessons | | |
| 7:00-8:00 2 Lap Lanes Lessons | 7:00-8:00 2 Lap Lanes Lessons | 7:00-8:00 2 Lap Lanes Lessons | 7:00-8:00 2 Lap Lanes Lessons | 7:00-8:00 2 Lap Lanes Lessons | | |

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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**
- **Modified Schedule Dates - 5/23, 5/26 - call for lap lane/member swim/kiddie pool times.**
- **Summer Camp & Summer Swim Lessons begin 6/30.**
- **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.