

Aquatics

October 31st to January 4th, 2026 - Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:30 *Lap Only	5:30-8:30 *Lap Only	5:30-8:30 *Lap Only	5:30-8:30 *Lap Only	5:30-8:30 *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	9:00-10:00 Lessons Jr Swim Club Kiddie	9:00-11:30 Lessons Kiddie **Limited Member Swim
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 Lessons	9:30-12:00 1 Lap Lane Lessons	9:30-12:00 2 Lap Lanes Member Swim	10:00-12:00 Lessons Kiddie **Limited Member Swim	11:30-3:00 Member Swim Kiddie
12:00-2:00pm Closed on Weekdays					12:00-3:00 Member Swim Kiddie	3:00-6:00 Member Swim Kiddie 1 Lap Lane
2:00-4:00 2 Lap Lane Member Swim	2:00-4:00 2 Lap Lane Member Swim	2:00-4:00 2 Lap Lane Member Swim	2:00-4:00 2 Lap Lane Member Swim	2:00-4:30 2 Lap Lane Member Swim	3:00-6:00 Member Swim Kiddie 1 Lap Lane	**Limited Member Swim: Members will be asked to move to different parts of the pool based on lessons. No guests allowed.
4:00-6:00 1 Lap Lane Lessons Member Swim	4:00-6:00 Lessons Kiddie **Limited Member Swim	4:00-6:00 1 Lap Lane Lessons **Limited Member Swim	4:00-6:00 Lessons Kiddie **Limited Member Swim	4:30-6:30 Lessons Kiddie **Limited Member Swim		
6:00-7:00 3 Lap Lanes	6:00-7:00 Lessons Adult LTS Jr Swim Club	6:00-7:30 Member Swim Deep Water Ex. 6:30-7:15pm	6:00-7:00 Lessons Adult LTS Jr Swim Club	6:30-7:00 2 Lap Lanes Lessons		
	7:00-8:00 3 Lap Lanes	7:30-8:00 3 Lap Lanes	7:00-8:00 3 Lap Lanes			

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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 Hours - 10/31/25, 11/4/25, 11/11/25, 11/26-11/28, 12/22/25-1/2/26**
- **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.