

SAC POOL SCHEDULE

Monday

5:30am-9:00am Adult Swim

9:00am-10:00am Morning Jump Start

10:00am-7:00pm Open Swim

7:00pm-8:00pm High Energy Splash

8:00pm-11:45pm Adult Swim

Thursday

5:30am-9:00am Adult Swim

9:00am-10:00am Morning Jump Start

10:00am-11:00am Golden Hour

11:00am-6:15pm Open Swim

6:15pm-7:15pm Aquafit

7:15pm-11:45pm Adult Swim

Tuesday

5:30am-9:00am Adult Swim

9:00am-10:00am Morning Jump Start

10:00am-11:00am Golden Hour

11:00am-5:30pm Open Swim

5:30pm-6:30pm Aqua Bootcamp

6:30pm-11:45pm Adult swim

Friday

5:30am-9:00am Adult Swim

9:00am-10:00am Morning Jump Start

10:00am-9:00pm Open Swim

9:00pm-11:45pm Adult Swim

Wednesday

5:30am-9:00am Adult Swim

9:00am-10:00am Morning Jump Start

10:00am-7:00pm Open Swim

7:00pm-8:00pm High Energy Splash

8:00pm-11:45pm Adult Swim

Saturday/Sunday

5:30am-9:00am Adult Swim

9:00am-1:00pm Swim Lessons (Sat.)

1:00pm-9:00pm Open Swim

9:00pm-11:45pm Adult Swim

Updated 10/20/11

Adult Swim is ONLY for ages 16+

Open swim is for ALL ages

