

**Semones INDOOR POOL Schedule Effective 8/14/2023**

Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5am -8am Closed	5am -8am Closed	5am -8am Closed	5am -8am Closed	5am -8am Closed	7am - 9am 6 Lap Lanes	
6:00 AM							
7:00 AM							
8:00 AM	8am-3pm 6 Lap Lanes	8am-1pm 6 Lap Lanes	8am-3pm 6 Lap Lanes	8am-1pm 6 Lap Lanes	8am-12pm	9am-12pm Swim Lessons 2-3 Lap Lanes	
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM	1pm-5pm Closed	Aquafit 3:15pm 3lap lanes	1pm-5pm Closed	12pm-3pm Closed	12pm-5:30pm 6 Lap Lanes	1pm - 5:30pm 6 Lap Lanes	
2:00 PM							
3:00 PM	Aquafit 3:15pm 3lap lanes	5pm - 7:15pm Swim Lessons	Aquafit 3:15pm 3lap lanes	5pm - 7:15pm Swim Lessons	3pm-7:30pm 6 Lap Lanes		
4:00 PM							
5:00 PM	4:30pm - 7:15pm Swim Lessons 2-3 Lap Lanes	5pm - 7:15pm Swim Lessons 2-3 Lap Lanes	4:30pm - 7:15pm Swim Lessons 2-3 Lap Lanes	5pm - 7:15pm Swim Lessons 2-3 Lap Lanes			
6:00 PM							
7:00 PM	7:15pm-8:30pm 6 Lap Lanes	7:15pm-8:30pm 6 Lap Lanes	7:15pm-8:30pm 6 Lap Lanes	7:15pm-8:30pm 6 Lap Lanes			
8:00 PM							
9:00 PM							

\*lane availability is subject to change based on weather. Friday afternoon availability is subject to change based on make up swim lessons canceled due to weather.

Join the Semones Remind to get text updates on all things Aquatics:  
Send a text to **81010** with the message [@semonesaq2](https://www.instagram.com/semonesaq2)