

Semones OUTDOOR POOL Schedule Effective 8/14/2023

Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5am-8:20am 10 Lap Lanes	5am-6am 10 Lap Lanes	5am-8:50am 10 Lap Lanes	5am-6am 10 Lap Lanes	5am-8:20am 10 Lap Lanes	7am-8am 10 Lap Lanes	
6:00 AM		6am-7 am Masters Swim		6am-7 am Masters Swim			
7:00 AM		7am - 9am 10 Lap Lanes		7am - 8am 10 Lap Lanes			
8:00 AM		8:30am-9:15am Aquafit 5 lap Lanes		8:15am-9am Aqua Fitness 5 Lap Lanes			
9:00 AM	9:15am-12pm 10 Lap Lanes	9:15am-10am Aqua Fitness 5 Lap Lanes	9am -10am Aquafit 5 Lap Lanes	9am-12pm 10 Lap Lanes	9:15am-12pm 10 Lap Lanes	8am - 10 am Aqua Fitness 5 Lap Lanes	
10:00 AM		10am-12pm 10 Lap Lanes	10am-12pm 10 Lap Lanes				
11:00 AM		12pm - 1pm Master Swim 1-2 Lap Lanes	12pm - 1pm Master Swim 1-2 Lap Lanes				
12:00 PM	1pm-4:30pm Closed			1pm-5pm 10 Lap Lanes	1pm-4:30pm Closed	1pm-5pm 10 Lap Lanes	1pm - 5pm 3-4 Lap Lanes Family Swim
1:00 PM	4:30pm-8pm Swim Team Family Swim 3-4 Lap Lanes	5pm-8pm Swim Team Family Swim 3-4 Lap Lanes	4:30pm-8pm Swim Team Family Swim 3-4 Lap Lanes	5pm-8pm Swim Team Family Swim 3-4 Lap Lanes	1pm-6pm Swim Team Family Swim 3-4 Lap Lanes		
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
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)