

Semones INDOOR POOL Schedule Effective 3/11/2024

Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5 am - 8:20am 6 Lap Lanes	5 am - 5:45 am 6 Lap Lanes	5 am - 8:20am 6 Lap Lanes	5 am - 5:45 am 6 Lap Lanes	5 am - 8:20am 6 Lap Lanes		
6:00 AM		5:45 am-7 am Masters Swim		5:45 am-7 am Masters Swim			
7:00 AM		7 am - 8:20 am 6 Lap Lanes					
8:00 AM	8:20am - 9:30am Aqua Fitness 1-2 Lap Lanes	8:20am - 9:30am Aqua Fitness 1-2 Lap Lanes	8:20am - 9:30am Aqua Fitness 1-2 Lap Lanes	7 am -12pm 6 Lap Lanes	8:20am - 9:30am Aqua Fitness 1-2 Lap Lanes	8 am - 10 am Aqua Fitness 1-2 Lap Lanes	
9:00 AM							
10:00 AM	9:30am-12pm 6 Lap Lanes	9:30am-12pm 6 Lap Lanes	9:30am-12pm 6 Lap Lanes		9:30am-12pm 6 Lap Lanes	9:30am-12pm 6 Lap Lanes	
11:00 AM							
12:00 PM	12pm - 5 pm Closed	12pm - 5 pm Closed	12pm - 5 pm Closed	12pm - 5 pm Closed	12pm - 4pm Closed	12pm-530pm 6 Lap Lanes	1 pm - 530 pm 6 Lap Lanes
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM					4 pm - 4:30 pm 6 Lap Lanes		
5:00 PM	5pm - 7:30pm Swim team/Swim Lessons 1-2 Lap Lanes	5pm - 7:30pm Swim team/Swim Lessons 1-2 Lap Lanes	5pm - 7:30pm Swim team/Swim Lessons 1-2 Lap Lanes	5pm - 7:30pm Swim team/Swim Lessons 1-2 Lap Lanes	4:30pm - 5:30pm Swim Team 2-3 Lap Lanes		
6:00 PM							
7:00 PM					5:30pm-7:30pm 6 Lap Lanes		
8:00 PM	730pm-830pm 6 Lap Lanes	730pm-830pm 6 Lap Lanes	730pm-830pm 6 Lap Lanes	730pm-830pm 6 Lap Lanes			
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 remind, text @semonesaq2 to 81010