

Summer Schedule - Effective May 18, 2023

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|-------------|--|-----------------------------------|--|---|---|--|--|-----------------------------------|--|---|-------------------|------------------------------------|-------------------|------------------------------------|
| TIME | 6 Lane | 8 Lane | 6 Lane | 8 Lane | 6 Lane | 8 Lane | 6 Lane | 8 Lane | 6 Lane | 8 Lane | 6 Lane | 8 Lane | 6 Lane | 8 Lane |
| 5 - 6am | Lap 6 Lanes | Lap 8 Lanes | Lap 6 Lanes | Masters 8 Lanes | Lap 6 Lanes | Lap 8 Lanes | Lap 6 Lanes | Masters 8 Lanes | Lap 4 Lanes CrossFit 2 Lanes | Lap 8 Lanes | Club Closed | | | |
| 6 - 7am | Lap 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Lap 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Lap 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Lap 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Lap 4 Lanes CrossFit 2 Lanes | HSC 7 Lanes, Lap 1 Lane | | | | |
| 7 - 8am | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Lap 4 Lanes CrossFit 2 Lanes | HSC 7 Lanes, Lap 1 Lane | Lap 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Club Closed | |
| 8 - 9am | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Gators 6 Lanes | HSC 7 Lanes, Lap 1 Lane | Gators 6 Lanes | HSC 6 Lanes, Lap 1 Lane, CF 1 Lane | Lap 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | | |
| 9 - 10am | Water Aerobics 5 Lanes Swim Lessons 1 Lane | HSC 7 Lanes, Lap 1 Lane | Water Aerobics 5 Lanes Swim Lessons 1 Lane | HSC 7 Lanes, Lap 1 Lane | Water Aerobics 5 Lanes Swim Lessons 1 Lane | HSC 7 Lanes, Lap 1 Lane | Water Aerobics 5 Lanes Swim Lessons 1 Lane | HSC 7 Lanes, Lap 1 Lane | Water Aerobics 5 Lanes Swim Lessons 1 Lane | HSC 6 Lanes, CF 1 Lane, CF 1 Lane | Lap 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Lap 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes |
| 10 - 11am | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Swim Lessons 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Swim Lessons 2 Lanes | Free Swim 4 Lanes, Swim Lessons 2 Lanes WIBIT WEDNESDAY 2 Lanes Lap 4 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Swim Lessons 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Lap 4 Lanes, CF 2 Lanes, Adult Only 2 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes |
| 11am - 12pm | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes WIBIT 2 Lanes Lap 4 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes |
| 12 - 2pm | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes WIBIT 2 Lanes Lap 4 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 4 Lanes, Camp 2 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes |
| 2 - 5pm | Free Swim 6 Lanes | HSC 6 Lanes Lap 2 Lanes | Free Swim 6 Lanes | NAVY 3 Lanes, Lap 2 Lanes, Adult Only 2 Lanes | Free Swim 6 Lanes | Free Swim 3 Lanes HSC 3 Lanes Lap 2 Lanes WIBIT 3 Lanes | Free Swim 6 Lanes | Lap 6 Lanes Adult Only 2 Lanes | Free Swim 6 Lanes | HSC 6 Lanes Lap 2 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes |
| 5 - 7pm | Free Swim 6 Lanes | Gators 6 Lanes, Lap 2 Lanes | Free Swim 4 Lanes, Swim Lessons 2 Lanes | Gators 6 Lanes, Lap 2 Lanes | Free Swim 3 Lanes, Swim Lessons 2 Lanes, Lap 1 Lane | Free Swim 2 Lanes Gators 6 Lanes WIBIT 2 Lanes | Free Swim 4 Lanes, Swim Lessons 2 Lanes | Gators 6 Lanes, Lap 2 Lanes | Free Swim 6 Lanes | Gators 6 Lanes, CF 1 Lane, Lap 1 Lane | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes |
| 7 - 8pm | Free Swim 6 Lanes | Gators 6 Lanes, Lap 2 Lanes | Free Swim 6 Lanes | Gators 6 Lanes, Lap 2 Lanes | Free Swim 6 Lanes | Free Swim 6 Lanes Lap 4 Lanes Adult Only 2 Lanes WIBIT 2 Lanes | Free Swim 6 Lanes | Gators 6 Lanes, Lap 2 Lanes | Free Swim 6 Lanes | Gators 6 Lanes, Lap 2 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes | Free Swim 6 Lanes | Adult Only 2 Lanes, Lap 6 Lanes |
| 8 - 9:45pm | Free Swim 6 Lanes | Lap 8 Lanes | Free Swim 6 Lanes | Lap 8 Lanes | Free Swim 6 Lanes | Lap 8 Lanes | Free Swim 6 Lanes | Lap 8 Lanes | Free Swim 6 Lanes | Lap 8 Lanes | Club Closed | | Club Closed | |

With CGPlus+ you can reserve a swimlane up to 72 hours in advance!
Ask the Front Desk about adding CGPlus+ to your membership - Your first 30 days are FREE!

Daily From 10a - 8p: Lifeguards on Duty, Splash Park and Waterslide Open | WIBIT WEDNESDAY 10am - 8pm & WIBIT WEEKENDS Alternate between Military Rd. and Gause Blvd, Check The Summer Guide For Scheduled Weekends | When NO LIFEGUARDS ON DUTY - SWIM AT YOUR OWN RISK! Children 17 and under MUST be accompanied by an adult 21 or older. | Kids Break at 10 mins to the hour | Schedule may vary due to program size, special events or weather| The "Horseshoe" attached to the 8-Lane Pool is reserved for program-use first. | During swim team practices members may need to ask coaching staff to open Lap Lanes. | CGPlus+ Lanes are reserved for CGPlus+ Members first - Check with the Front Desk to make sure there are no reservations before using a CGPlus+ Lane.