FALL 2023
6-LANE POOL SCHEDULE

Schedule may vary due to program size, special events or weather.
During swim team practices members may need to ask the coaching staff for an available lane that should be available.
NO LIFEGUARDS ON DUTY = SWIM AT YOUR OWN RISK!
Children 17 and under MUST be accompanied by an adult 21 or older.

CG+ MEMBERSHIP BENEFIT:
Reserve a lap lane up to 72 hours in advance via the CG App or through the website.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Hours >	4:30a-9:45p	4:30a-9:45p	4:30a-9:45p	4:30a-9:45p	4:30a-9:45p	7:00a-7:45p	8:00a-5:45p
Lanes >	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
4:30 AM							
5:00 AM							
5:30 AM							
6:00 AM	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)	Water Aerobics (4 lanes)		
9:30 AM							
10:00 AM						Lap Lanes	Lap Lanes
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	HS swim team	HS swim team	HS swim team	HS swim team			
4:30 PM							(Pool Deck closes at 5:45 PM)
5:00 PM							
5:30 PM		T.S. Practice (5 lanes) *Ends Nov 2*	T.S. Practice (5 lanes) *Ends Nov 2*	T.S. Practice (5 lanes) *Ends Nov 2*			
6:00 PM	Masters Swim Team (5 lanes)						
6:30 PM							
7:00 PM				Masters Swim Team (5 lanes)		(Pool Deck closes at 7:45 PM)	CLUB CLOSED
7:30 PM							
8:00 PM						CLUB CLOSED	
8:30 PM	(Pool Deck closes at 9:45 PM)	(Pool Deck closes at 9:45 PM)	(Pool Deck closes at 9:45 PM)	(Pool Deck closes at 9:45 PM)	(Pool Deck closes at 9:45 PM)		
9:00 PM							

Next Pool Schedule update October 23, 2023

FALL 2023
8-LANE POOL SCHEDULE

Schedule may vary due to program size, special events or weather.
The "Horseshoe" area of the 8-lane is reserved for Aquatic Programming.
During swim team practices members may need to ask the coaching staff for an available lane that should be available.
NO LIFEGUARDS ON DUTY = SWIM AT YOUR OWN RISK!
Children 17 and under MUST be accompanied by an adult 21 or older.

CG+ MEMBERSHIP BENEFIT:

Reserve a lap lane up to 72 hours in advance via the CG App or through the website.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Hours >	4:30a-9:45p	4:30a-9:45p	4:30a-9:45p	4:30a-9:45p	4:30a-9:45p	7:00a-7:45p	8:00a-5:45p
Lanes >	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
4:30 AM	HSC practice (6 lanes)	**Pool Covered** Lap Lanes available in 6 lane	HSC practice (6 lanes)	**Pool Covered** Lap Lanes available in 6 lane	HSC practice (6 lanes)	HSC practice (6 lanes)	**Masters Swim Team** (6 lanes)
5:00 AM							
5:30 AM		**Masters** (6 lanes)		**Masters** (6 lanes)			
6:00 AM	HSC & HS practice	Masters & HS	HSC & HS practice	Masters & HS	HSC & HS practice		
6:30 AM	HS practice	HS practice	HS practice	HS practice	HS practice		
7:00 AM	**Pool Covered** Lap Lanes available in 6 lane	**Pool Covered** Lap Lanes available in 6 lane	**Pool Covered** Lap Lanes available in 6 lane	**Pool Covered** Lap Lanes available in 6 lane	**Pool Covered** Lap Lanes available in 6 lane	**Pool Covered** Lap Lanes available in 6 lane until 7:45pm	**Pool Covered** Lap Lanes available in 6 lane until 5:45pm
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	HS swim team practice (6 lanes)	HS swim team practice (6 lanes)	HS swim team practice (6 lanes)	HS swim team practice (6 lanes)	HS swim team practice (6 lanes)		
2:30 PM							
3:00 PM	HS swim team practice (7 lanes) ** Ends Nov 16 **	HS swim team practice (7 lanes) ** Ends Nov 16 **	HS swim team practice (7 lanes) ** Ends Nov 16 **	HS swim team practice (7 lanes) ** Ends Nov 16 **			
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM					HSC practice (6 lanes)		
5:30 PM	HSC practice (6 lanes)	HSC practice (6 lanes)	HSC practice (6 lanes)	HSC practice (6 lanes)			
6:00 PM							
6:30 PM							
7:00 PM		HSC practice (5 lanes) Navy (3 lanes)			**Pool Covered** Lap Lanes available in 6 lane until 9:45pm		CLUB CLOSED
7:30 PM	**Pool Covered** Lap Lanes available in 6 lane until 9:45pm		**Pool Covered** Lap Lanes available in 6 lane until 9:45pm	**Pool Covered** Lap Lanes available in 6 lane until 9:45pm		CLUB CLOSED	
8:00 PM		**Pool Covered** Lap Lanes available in 6 lane until 9:45pm					
8:30 PM							
9:00 PM							

* HS swim team practices will end November 16, 2023 | * HSC practices August-July. |
Next Pool Schedule update October 30, 2023