MARCH 2024

6-LANE POOL SCHEDULE

Cross Gates Family Fitness

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	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes
5:00 AM							
5:30 AM							
6:00 AM							
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)		Lanes Available if Pool is Not Covered
9:30 AM							
10:00 AM	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes	Lap Lanes		Lap Lanes
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							Lanes Available if Pool is Not Covered
5:00 PM							
5:30 PM	Masters Swim Team (5 lanes)	TS 5:15-7p (4 lanes)	TS 5:15-7p (4 lanes)	Masters Swim Team (3 lanes)			CLOSES AT 5:45PM
6:00 PM				TS 5:15-7P (3 lanes)			
6:30 PM							
7:00 PM						Lanes Available if Pool is Not Covered	
7:30 PM	Lanes Available if Pool is Not Covered	Lanes Available if Pool is Not Covered	Lanes Available if Pool is Not Covered	Lanes Available if Pool is Not Covered	Lanes Available if Pool is Not Covered	CLOSES AT 7:45PM	CLUB CLOSED
8:00 PM						CLUB CLOSED	
8:30 PM							
9:00 PM							
9:30 PM	CLOSES AT 9:45PM	CLOSES AT 9:45PM	CLOSES AT 9:45PM	CLOSES AT 9:45PM	CLOSES AT 9:45PM		

6 Lane Pool is kept at 84 degrees. | Tropical Storm (TS) swim team starts March 18 (6 weeks) evening lap lanes will be limited | Availability will change for Spring Break week (April 1-5) due to no TS practice

NO LAP LANES AVAILABLE THURSDAYS 5:30-6:30p

Lifeguards on Duty, Slide Opens, & SplashPad Opens for Weekends only starting March 29, 2024

CROSS GATES
FAMILY FITNESS

MARCH 2024

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 and when Slide is Open.
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 (8 lanes)	Lap Lanes available when pool is not covered	HSC practice (8 lanes)	Lap Lanes available when pool is not covered	HSC practice (8 lanes)	HSC practice (8 lanes)	
5:00 AM							
5:30 AM		**Masters Swim Team** (6 lanes)		**Masters Swim Team** (6 lanes)			
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							**Masters Swim Team** (6 lanes)
8:30 AM	**Lap Lanes Available when pool is not covered**	**Lap Lanes Available when pool is not covered**	**Lap Lanes Available when pool is not covered**	**Lap Lanes Available when pool is not covered**	**Lap Lanes Available when pool is not covered**		
9:00 AM							
9:30 AM							
10:00 AM							**Lap Lanes Available when pool is not covered**
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	HSC practice (7 lanes)	HSC practice (7 lanes)	HSC practice (7 lanes)	HSC practice (7 lanes)	HSC practice (7 lanes)		Lap lanes available when pool is not covered
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM						Lap lanes available when pool is not covered	
7:30 PM	**Lap Lanes available when pool is not covered**	**Lap Lanes available when pool is not covered**	**Lap Lanes available when pool is not covered**	**Lap Lanes available when pool is not covered**	**Lap Lanes available when pool is not covered**	**CLUB CLOSED**	**CLUB CLOSED**
8:00 PM							
8:30 PM							
9:00 PM							

** HSC practices August-July. | Pool temp is held at 80 degrees |*
Schedule will change Spring Break week (April 1-5) to have more lanes available in the afternoon for lap swimmers.
Slide will open for weekends starting Friday, March 29.
***During the uncertainty of the outside temperature this time of year, the 8 lane may or may not be covered until it is consistently warm.**"*