



# July 14-Aug 11, 2024 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.

Pool Hours > Lanes >	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY											
	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-7:45p											
	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	1	2	3	4	5	6
4:30 AM																																																
5:00 AM																																																
5:30 AM																																																
6:00 AM																																																
6:30 AM	<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>						<b>Lap Lanes</b>											
7:00 AM																																																
7:30 AM																																																
8:00 AM																																																
8:30 AM																																																
9:00 AM	<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>											
9:30 AM	<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>						<b>Water Aerobics (6 lanes)</b>											
10:00 AM	<b>SUMMER CAMP LANES</b>						<b>SUMMER CAMP LANES</b>						<b>SUMMER CAMP LANES</b>						<b>SUMMER CAMP LANES</b>						<b>SUMMER CAMP LANES</b>						<b>SUMMER CAMP LANES</b>						<b>SUMMER CAMP LANES</b>											
10:30 AM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
11:00 AM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
11:30 AM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
12:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
12:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
1:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
1:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
2:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
2:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
3:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
3:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
4:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
4:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
5:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
5:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
6:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
6:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
7:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
7:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
8:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
8:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>											
9:00 PM	<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>						<i>Lifeguards on Duty 10a-8p</i>											
9:30 PM	<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>						<b>Free Swim</b>					
	<b>CLOSES AT 9:45PM</b>						<b>CLOSES AT 9:45PM</b>						<b>CLOSES AT 9:45PM</b>						<b>CLOSES AT 9:45PM</b>						<b>CLOSES AT 9:45PM</b>						<b>CLOSES AT 9:45PM</b>						<b>CLOSES AT 7:45PM</b>						<b>CLOSES AT 7:45PM</b>					

**\*\*SUMMER CAMP WILL USE 2 LANES through August 9\*\***  
6 Lane Pool is 25 yards and kept at 84 degrees.  
\*\*Lifeguards on Duty everyday through August 11 10:00am-8:00pm & then every weekend through Labor Day.\*\*

