





During swim team practices members may need to ask the coaching staff for an available lane that should be available.

Pool Hours > Lanes >		MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								CG+ MEMBERSHIP BENEFIT:																															
		4:30a-9:45p								4:30a-9:45p								4:30a-9:45p								4:30a-9:45p								4:30a-9:45p								Reserve a lap lane up to 72 hours in advance via the CG App or through the website.																															
		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	SATURDAY								SUNDAY																							
4:30 AM		HSC practice (8 lanes)								Pool Covered Lap Lanes available in 6 lane								HSC practice (8 lanes)								Pool Covered Lap Lanes available in 6 lane								HSC practice (8 lanes)								7:00a-7:45p								HSC practice (8 lanes)								8:00a-5:45p															
5:00 AM										Masters Swim Team (6 lanes)																HSC practice (8 lanes)																Masters Swim Team (6 lanes)																HSC practice (8 lanes)								Masters Swim Team (6 lanes)							
5:30 AM																																																																									
6:00 AM																																																																									
6:30 AM		Pool Covered (Weather permitting there could be additional lap lanes available)								Pool Covered (Weather permitting there could be additional lap lanes available)								Pool Covered (Weather permitting there could be additional lap lanes available)								Pool Covered (Weather permitting there could be additional lap lanes available)								Pool Covered (Weather permitting there could be additional lap lanes available)								HSC practice (8 lanes)								Masters Swim Team (6 lanes)																							
7:00 AM																																																																									
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																																																																									
2:30 PM																																																																									
3:00 PM																																																																									
3:30 PM		HSC practice (8 lanes)								HSC practice (8 lanes)								HSC practice (8 lanes)								HSC practice (8 lanes)								HSC practice (8 lanes)								HSC practice (8 lanes)								HSC practice (8 lanes)																							
4:00 PM																																																																									
4:30 PM																																																																									
5:00 PM																																																																									
5:30 PM		Masters (2 lanes)								HSC								Masters (2 lanes)								HSC								HSC								HSC								HSC								HSC															
6:00 PM																																																																									
6:30 PM																																																																									
7:00 PM																																																																									
7:30 PM		HSC								HSC								HSC								HSC								HSC								HSC								HSC								HSC															
8:00 PM																																																																									
8:30 PM																																																																									
9:00 PM																																																																									
9:30 PM		CLOSING AT 9:45PM								CLOSING AT 9:45PM								CLOSING AT 9:45PM								CLOSING AT 9:45PM								CLOSING AT 9:45PM								CLOSING AT 9:45PM								CLOSING AT 9:45PM								CLOSING AT 9:45PM															

**\*\*6 LANE RESURFACING IS SCHEDULED TO BE COMPLETED BY END OF JANUARY 2026. THERE WILL BE LIMITED LAP LANES AVAILABLE IN THE 8 LANE DURING THIS TIME. PLEASE CHECK THE GAUSE INDOOR POOL SCHEDULE FOR ADDITIONAL LAP LANES.\*\***