



Aquatics Center – Pool Schedule

Effective Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Lap Pool Hours

Must be 16 years or older (or Director approval)

6:00 a - 9:30 p	6:00 a - 9:30 p	6:00 a - 9:30 p	6:00 a - 8:30 p	6:00 a - 8:30 p	7:30 a - 8:30 p	8:00 a - 4:30 p
	Swim Conditioning 6:00p-6:45p		Swim Conditioning 6:00p-6:45p		Swim Conditioning 9:45am-10:30am	

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Exercise Pool Hours

Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 6:00 a - 10:00 a	Adult Swim 7:00 a - 10:00 a	Adult Swim 8:00 a - 10:00 a
Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p	Family Swim 10:00 a - 4:00 p
Open Swim 4:00 p -6:00 p	Open Swim 4:00 p -6:00 p	Open Swim 4:00 p -6:00 p	Open Swim 4:00 p -6:00 p	Open Swim 4:00 p -6:00 p	Open Swim 4:00 p -6:00 p	Open Swim 4:00 p -5:30 p
Group Swim Lesson 5pm-7:00pm	Group Swim Lesson 3:30p-5:30p	Group Swim Lesson 5pm-7:00pm	Group Swim Lesson 5pm-7:00pm		Group Swim Lesson 10pm-12pm	
Family Swim 6pm-7pm	Family Swim 6pm-7pm	Family Swim 6pm-7pm	Family Swim 6pm-7pm	Family Swim 6pm-7pm	Family Swim 4pm-6pm	
Open Swim 7pm-8pm	Open Swim 7pm-8pm	Open Swim 7pm-8pm	Open Swim 7pm-8pm	Open Swim 7pm-8pm	Open Swim 6pm-8pm	
Adult Swim 8:00 p - 9:30 p	Adult Swim 8:00 p - 9:30 p	Adult Swim 8:00 p - 9:30 p	Adult Swim 8:00 p - 8:30 p	Adult Swim 8:00 p - 8:30 p	Adult Swim 8:00 p - 8:30 p	

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Therapy Pool Hours

Please respect the use and nature of the Therapy Pool. Our 91 degree Therapy Pool host Physical Therapy and Therapeutic Training. Adults only unless otherwise specified

Family Swim is available to adults & children during Family Swim Only (Swim Diapers must be worn unless potty Trained)

6:00 a - 9:30 p 6:00a-4p Therapy use only	6:00 a - 9:30 p 6:00a-5:30p Therapy use only	6:00 a - 9:30 p Therapy Use only	6:00 a - 8:30 p Therapy Use only	6:00 a - 8:30 p Therapy Use only	7:30 a - 8:30 p Family Swim 10am-12pm	8:00 a - 4:30 p Therapy Use only
Family Swim 4p-6p	Family Swim 5:30 p - 7:30 p	Therapy Use only	Therapy Use only	Therapy Use only	Therapy Use Only 12p-4pm	Family Swim 1:00 p - 3:00 p
					Family Swim 4pm-6pm	Therapy Use only 3p-4:30

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Outdoor Pool Lap Swimming Hours

Must be 16 years or older (or Director approval)

7:00 a -4:15p	7:00 a - Dusk	7:00 a -4:15p	7:00 a - Dusk	7:00 a - 8:30p	7:30 a -9:45am	8:00a- 4:30p
Swim Conditioning 4:15p-5p		Swim Conditioning 4:15p-5p			Swim Conditioning 9:45am-10:30am	

Outdoor pool will close at dusk

*During Water Fitness classes, the designated pool is for class participants only.

When a Water Fitness class is in the Lap Pool there will be two lanes open for lap swim.

Rules To Remember

Indoor Aquatics Center is open at 6 am on weekdays, 7:00 am on Saturdays, and 8:00 am on Sundays.

The Aquatics Center closes one half hour before the club each evening.

Adult Swim: No one under the age of 16 is allowed in the Aquatic Center. -- Not guarded.

Family Swim: Those under age 16 must be accompanied by an adult in the Aquatic Center. Not Guarded before 12 pm

Open Swim: Those under the age of 12 must be accompanied by an adult in the Aquatic Center.

All hours: Any child under the age of 7, or wearing any type of floatation aid must have a parent/adult in the same pool with them at all times.

Group Swim Lessons is a program Members must register to participate in. Drop ins not accepted.

SAC SWIM INSTRUCTORS MAY TEACH PRIVATE LESSONS AT ANY TIME AND ANY POOL

Please note the pool will be open for member use during Group Swim Lessons

For your safety and in compliance with OAR 333-60-225E

Spectators are not allowed on pool decks

This is a state regulation; we appreciate your cooperation.

We invite all spectators to view the pools from our viewing deck located on the second floor.