

# MAIN (Lap) POOL SCHEDULE

March 1-31st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	5:15-8:30am Teen & Adult Lap Swim	6:15-8:15am Teen & Adult Lap
	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	8:30-9:15am Water Fitness	8:30-9:15am Arthritis Exercise	
	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	9:15-10:00am Water Fitness	8:15-9:00am Water Fitness
10:15-1:00pm Teen & Adult Lap	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	10:00-10:45am Water Fitness	10:00-10:45am Arthritis Exercise	9:00-9:45am Aqua Zumba
	10:45-11:30am Water Fitness	10:45-1:30pm Adult Lap	10:45-11:30am Water Fitness	10:45-4:00pm Adult Lap	10:45-11:30am Water Fitness	9:00-11:00am CLOSED: Swim Lessons
1:00-3:45pm Family Swim	11:30-1:30pm Adult Lap		11:30-1:30pm Adult Lap		11:30-4:00pm Adult Lap	11:00-1:00pm Teen & Adult Lap
	1:30-2:15pm SilverSneakers Splash	1:30-2:15pm Silver Sneakers Splash	1:30-2:15pm SilverSneakers Splash			1:00-4:00pm CLOSED: Synchro
	2:30-3:30pm CLOSED: SDO March 17th	2:30-3:30pm CLOSED: SDO March 18th	2:30-3:30pm CLOSED: SDO March 19th	2:00-3:00pm CLOSED: SDO March 20th	2:00-3:00pm Closed: SDO March 21st	4:00-5:45pm Teen & Adult Lap
	2:15-3:30pm Older Adult Lap	2:15-3:30pm Older Adult Lap	2:15-4:00pm Teen & Adult Lap	4:00-5:00pm Open Swim	4:00-5:00pm Open Swim	
	3:30-5pm CLOSED: Swim Lessons	3:30-5pm Closed: Swim Lessons	4:00-5:00pm CLOSED: Swim Lessons	5:00-5:45pm Teen & Adult Lap	5:00-6:00pm Teen & Adult Lap	
	5:00-5:45pm Teen & Adult Lap	5:00-5:45pm Teen & Adult Lap	5:00-6:00pm Teen & Adult Lap	5:45-6:30pm Water Fitness	6:00-8:00pm Open Swim	
	6:00-6:45pm Floating HITT	5:45-6:30pm Water Fitness	6:00-7:30pm CLOSED: Swim Lessons	6:30-8:45pm CLOSED:Synchro		
	6:45-7:30pm Floating Balance	6:30-8:45pm CLOSED:Synchro	7:00-8:00pm Open Swim: 3 lanes			
	7:45-8:45pm Adult Lap		8:00-8:45pm Adult Lap			
						8-8:45pm Adult Lap

**ALL POOLS CLOSED: ANNUAL SYNCHRONIZED SWIM SHOW MARCH 7-9th check for pool closures**

**Updated: 2/10/25: AS**

Shaded Areas indicate registration is required, all other areas indicate space availability is on a first come basis.

**Lap Swim:** Lanes available on a first come basis. Please share lanes.

**Family Swim:** The pool will be divided shallow to deep. Parents must remain with their children.

**For your safety:**

**Children under 6 years old must have a parent in the water within arm's reach for the duration of open swim.**

Ages 6-9 must be accompanied by an adult in the water. After passing the swim test, an adult must remain in the pool area.

Ages 10-13 are allowed only in the shallow water until swim test is passed.

**Flotation Devices must be Coast Guard approved.**

**Swim Test Policy:** All children ages 13 and under must pass a safety swim test to swim in the deep area.

**Lifeguards, at their discretion, can test others.**

**POOLS CLOSED:** pool area is closed including the whirlpool, instructional pool and main pool

For Up to Date information on Open Swim, Family Swim and Lap Swim times, visit our online calendar <https://www.lakecountymca.org/centralmainpoolschedule>