



# COMP POOL SCHEDULE

**OCT  
2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FACILITY HOURS</b> 12:00 PM-4:00 PM	<b>FACILITY HOURS</b> 5:05 AM-9:00 PM	<b>FACILITY HOURS</b> 5:05 AM-9:00 PM	<b>FACILITY HOURS</b> 5:05 AM-9:00 PM	<b>FACILITY HOURS</b> 5:05 AM-9:00 PM	<b>FACILITY HOURS</b> 5:05 AM-8:00 PM	<b>FACILITY HOURS</b> 7:30 AM-4:00 PM
<b>1</b> 12:30 PM-3:30 PM	<b>2</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>3</b> 5:15 AM-2:30 PM <i>HS Girls Swim Meet</i>	<b>4</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>5</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>6</b> 5:15 AM-8:00 AM 6:15 PM –7:30 PM	<b>7</b> 7:45 AM-3:30 PM
<b>8</b> 12:30 PM-3:30 PM	<b>9</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>10</b> 5:15 AM-2:30 PM 5:30 PM –8:30 PM	<b>11</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>12</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>13</b> 5:15 AM-2:30 PM 6:15 PM –7:30 PM	<b>14</b> <i>HS Girls Swim Meet</i>
<b>15</b> 12:30 PM-3:30 PM	<b>16</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>17</b> 5:15 AM-2:30 PM 6:15 PM –7:30 PM	<b>18</b> 5:15 AM-2:30 PM 6:15 PM –8:30 PM	<b>19</b> 5:15 AM-2:30 PM 5:30 PM –8:30 PM	<b>20</b> 5:15 AM-2:30 PM 6:15 PM –7:30 PM	<b>21</b> 7:45 AM-3:30 PM
<b>22</b> 12:30 PM-3:30 PM	<b>23</b> 5:15 AM-2:30 PM 6:30 PM –8:30 PM	<b>24</b> 5:15 AM-2:30 PM 5:30 PM –8:30 PM	<b>25</b> 5:15 AM-2:30 PM 6:30 PM –8:30 PM	<b>26</b> 5:15 AM-2:30 PM 6:30 PM –8:30 PM	<b>27</b> 5:15 AM-2:30 PM 6:15 PM –7:30 PM	<b>28</b> 7:45 AM-3:30 PM
<b>29</b> 12:30 PM-3:30 PM	<b>30</b> 5:15 AM-2:30 PM 6:30 PM –8:30 PM	<b>31</b> 5:15 AM-2:30 PM 6:30 PM –8:30 PM	<b>SCHEDULE NOTES</b> <ul style="list-style-type: none"> <li>• Spring Lake HS Girls Practice -3:45-6:30 pm on weekdays</li> <li>• Middle School Season starts Oct 23</li> <li>• Comp pool closed for HS Swim/Dive meets</li> <li>• During busy times, swimmers may need to share a lane and limit their workout</li> <li>• Pools, Hot Tub, and Steam Sauna close when there is local lightening;</li> </ul>			



## Lazy River Water Walking (Family Pool)

Drop In Water Walking for Adults

Tues & Thurs 3:00-4:00 PM (no current)

Tues & Thurs 4:00-6:00 PM (with current)

*Family Swims are announced weekly*

V: 9/27/2023