



COMP POOL SCHEDULE

SEPT
2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FACILITY HOURS 12:00 PM-4:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-8:00 PM	FACILITY HOURS 7:30 AM-4:00 PM
1 12:30 PM-3:30 PM	2 CLOSED LABOR DAY	3 5:15 AM-2:30 PM Home Swim Meet	4 5:15 AM-2:30 PM 6:30 PM –8:30 PM	5 5:15 AM-2:30 PM 5:30 PM –8:30 PM	6 5:15 AM-2:30 PM 6:00 PM –7:30 PM	7 7:45 AM-3:30 PM
8 12:30 PM-1:00 PM OPEN SWIM 1:00-3:30 PM	9 5:15 AM-2:30 PM 6:30 PM –8:30 PM	10 5:15 AM-2:30 PM 5:30 PM –8:30 PM	11 5:15 AM-2:30 PM 6:30 PM –8:30 PM	12 5:15 AM-2:30 PM 6:30 PM –8:30 PM	13 5:15 AM-2:30 PM 6:00 PM –7:30 PM	14 7:45 AM-1:00 PM OPEN SWIM 1:00-3:30 PM
15 12:30 PM-3:30 PM	16 5:15 AM-2:30 PM 6:30 PM –8:30 PM	17 5:15 AM-2:30 PM Home Swim Meet	18 5:15 AM-2:30 PM 6:30 PM –8:30 PM	19 5:15 AM-2:30 PM 6:30 PM –8:30 PM	20 5:15 AM-2:30 PM 6:00 PM –7:30 PM	21 Home Swim Meet No Locker Rooms
22 12:30 PM-1:00 PM OPEN SWIM 1:00-3:30 PM	23 5:15 AM-2:30 PM 6:30 PM –8:30 PM	24 5:15 AM-2:30 PM Home Swim Meet	25 5:15 AM-2:30 PM 6:30 PM –8:30 PM	26 5:15 AM-2:30 PM 6:30 PM –8:30 PM	27 5:15 AM-2:30 PM 6:00 PM –7:30 PM	28 7:45 AM-1:00 PM OPEN SWIM 1:00-3:30 PM
29 12:30 PM-3:30 PM	30 5:15 AM-2:30 PM 6:30 PM –8:30 PM	Oct 1 5:15 AM-2:30 PM 5:30 PM –8:30 PM	SCHEDULE NOTES			

Highlighted areas designate no lap swim available.

Highlighted times designate OPEN Swim in Comp Pool.

- During busy times, swimmers may need to share lanes or limit their workout time.
- Group Fitness times will be shared spaces with Lap Swim. Minimum of 4 lap lanes will be available. See back for more details.
- Open Swim in a temporary program to provide a fun pool option for members while the Family pool is under construction. See back for more details.
- All pools, hot tub, and steam room close when there is local lightning; pools will reopen 30 minutes after the last lightning strike.

FAC FAMILY POOL SCHEDULE

**SEPT
2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FACILITY HOURS 12:00 PM-4:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-9:00 PM	FACILITY HOURS 5:05 AM-8:00 PM	FACILITY HOURS 7:30 AM-4:00 PM
1	2 FAC CLOSED LABOR DAY	3	4	5	6	7
Family Pool is CLOSED for maintenance until October 7, 2024. Dates are tentative based on construction progress.						
8	<u>OPEN SWIM</u>		<u>GROUP FITNESS</u>		<u>PROGRAMMING</u>	
15	<ul style="list-style-type: none"> Open Swim in a temporary program in the Competition Pool to provide a fun pool option for members while the Family pool is under construction. We are suspending the ‘Lifejackets are not allowed... in the competition pool.’ policy to allow families or new swimmers to use Coast Guard Approved lifejackets, during open swim hours only. This allows additional safety in a pool that is designed for competitive and lap swimming exercise. 4 open lanes will be available for fun and play in both 4 ft and 7 feet water depth during Open Swim. Diving Boards and deep water (13 ft) are also an added feature. Diving boards can only be used when the entire dive well is clear. There will be 4 Lap Lanes available for fitness swimming. 		<ul style="list-style-type: none"> September Group Fitness class schedule provides a temporary adjustment to water aerobics offerings while the Family pool is under construction. Refer to the Group Fitness schedule for all available offerings. Dates are tentative based on construction progress. There will be 4 Lap lanes available for fitness swimming during Aquatic Group Fitness Classes. Group Exercise Times Include: M, W, F- 7:00-9:00am T- 8:00-10:00am Th- 9:00-10:00am, 6:30-7:30pm 		<ul style="list-style-type: none"> SLPS academic school year has begun, The FAC is proud to prioritize services for athletics and education to fit the needs of the school’s curriculum. The times that the FAC will be sharing space with SLPS programs will be published on facility signs. Water Walking is an option during open lap swim, the first 8 yards of the Competition pool is 4 ft deep and lanes can be used for shallow water exercise. Please understand there will be limited pool space in September. We ask all members to share lanes and space. Be courteous to other members and FAC staff while we navigate this upgrade. 	
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