

# WestFit Pool Schedule

## Monday

Lane	1	2	3	4	5	6
5:30am-9:00am	Adult ONLY Lap Swimming					
9:00am-10:00am				Club Programs		
10:00am-4:00pm	All Ages Lap Swim				Family Swim	
4:00pm-8:00pm	CP					
8:00pm-9:30pm	Adult ONLY Lap Swimming					FS

## Tuesday

Lane	1	2	3	4	5	6
5:30am-9:00am	Adult ONLY Lap Swimming					
9:00am-10:00am						Family Swim
10:00am-4:00pm	All Ages Lap Swim				Club Programs	
4:00pm-8:00pm	Club Programs					Club Programs
8:00pm-9:30pm	Adult ONLY Lap Swimming					

## Wednesday

Lane	1	2	3	4	5	6
5:30am-9:00am	Adult ONLY Lap Swimming					
9:00am-10:00am				Club Programs		
10:00am-4:00pm	All Ages Lap Swim				Family Swim	
4:00pm-8:00pm	CP					
8:00pm-9:30pm	Adult ONLY Lap Swimming					FS

## Thursday

Lane	1	2	3	4	5	6
5:30am-9:00am	Adult ONLY Lap Swimming					
9:00am-10:00am					Family Swim	
10:00am-4:00pm	All Ages Lap Swim				Club Programs	
4:00pm-8:30pm	Club Programs					Club Programs
8:30pm-9:30pm	Adult ONLY Lap Swimming					

## Friday

Lane	1	2	3	4	5	6
5:30am-9:00am	Adult ONLY Lap Swimming					
9:00am-10:00am				Club Programs		
10:00am-4:00pm	Family Swim	All Ages Lap Swim				Club Programs
4:00pm-6:30pm						
6:30pm-7:30pm	Adult ONLY Lap Swimming					

## Saturday

Lane	1	2	3	4	5	6
7:00am-8:00am	Adult ONLY Lap Swimming					
8:00am-1:00pm	Club Programs					Club Programs
1:00pm-6:00pm	All Ages Lap Swim				Family Swim	

## Sunday

Lane	1	2	3	4	5	6
7:00am-8:00am	Adult ONLY Lap Swimming					
8:00am-1:00pm	All Ages Lap Swim				Club Programs	
1:00pm-6:00pm					Family Swim	

## Pool Rules

**Family Swim** Families must share the family swim area. NO lap swimming in Family lane. Kids who can swim one pool length without a flotation device can swim without an adult in the water (adult must stay inside pool area). Kids who can't swim a full length or need a flotation device must have a parent or guardian over 16 years old in the water at all times.

**All Ages Lap Swim** - This is available for all ages. Lanes must be used for lap swimming or Aerobic walking/rehab.

**Club Programs** - CP take priority over other lanes. Subject to change without notice.

**Adult Only Lap Swimming** - Minimum 16 years old to use the pool. ALL lanes are for lap swimming.

**Dolphin Swim School and Water Aerobics** For class times please see the Swim School schedule and the Group Basic schedule.