



Family Swim Times

(SAC members only)

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
7-11am	7-9am	7-11am	7-9am	9-11am	9-4:30pm
12-4:30pm	10am-6pm	12-5pm	10am-6pm	12-8:30pm	
8-9:30pm	7-9:30pm	8-9:30pm	8-8:30pm		

Please shower before entering pool!
Shoulder length hair should be tied back!!

- A great way to have fun and exercise with your children!
- Parents and children may use the *large shallow lane* to play and swim.
- Please leave all other lap lanes open for Swim Lessons and Adult Swimming.
- Children are welcome to swim and play **ONLY** during Family Swim Times so as not to disrupt classes.
- Children ages 5 and older are not allowed in opposite sex locker rooms.
- Diapers are not allowed in the pool. Plastic pants or swim diapers should be worn and may be purchased at the Front Desk.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-7am Adult Ln 1, 2, 3 & 4	4:30-7am Adult Ln 1, 2, 3 & 4	4:30-7am Adult Ln 1, 2, 3 & 4	4:30-7am Adult Ln 1, 2, 3 & 4	5:10-6am Adult Ln 1 Masters Swim Ln 2, 3 & 4	Lap Lane Schedule April 2019	
7-9am Family Swim Ln 1 Adult Ln 2, 3 & 4	7-9am Family Swim Ln 1 Adult Ln 2, 3 & 4	7-9am Family Swim Ln 1 Adult Ln 2, 3 & 4	7-9am Family Swim Ln 1 Adult Ln 2, 3 & 4	6-8am Adult Ln 1, 2, 3 & 4		
9am-11am Family Swim Ln 1 Adults Ln 2, 3 & 4	9-10am Water Fitness Ln 1, 2 & 3 Adult Ln 4	9-11am Family Swim Ln 1 Adult Ln 2, 3 & 4	9-10am Water Fitness Ln 1, 2 & 3 Adult Ln 4	8-9am Derry Rehab Ln 4 Adults Ln 1, 2 & 3	6-8am Adult Ln 1, 2, 3 & 4	6-9am Adult Ln 1, 2, 3 & 4
11am -12pm Water Fitness Ln 1, 2 & 3 Adult Ln 4		11am -12pm Water Fitness Ln 1, 2 & 3 Adult Ln 4		9-10am Family Swim Ln 1 NH Swim Lessons Ln 2 Adult Ln 3 & 4	8-9am Water Fitness Ln 1, 2 & 3 Adult Ln 4	9-2pm Family Swim Ln 1 Adults Ln 2, 3 & 4
12-4:30pm Family Swim Ln 1 Adult Ln 2 & 3 Swim Lessons Ln 4		12-3:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4		10-11am Family Swim & WW Ln 1 NH Swim lessons Ln 2 Adult Ln 3 & 4	9am-3pm Swim Lessons Ln 3 Family Swim Ln 1 Adult Ln 2 & 4	2-4pm NH Swim Lessons Ln 4 Family Swim Ln 1 Adults Ln 2 & 3
4:30-6:00pm SBGC Lessons Ln 1 Team Swim Ln 3 & 4 Adult Ln 2	10am-4pm Family Swim Ln 1 Adult Ln 2, 3 & 4		10am-4pm Family Swim Ln 1 Adult Ln 2, 3 & 4	11am -12pm Water Fitness Ln 1, 2 & 3 Adult Ln 4		4-4:30pm Family Swim Ln 1 Adults Ln 2, 3 & 4
6-7pm Team Swim Ln 3 & 4 Adult Ln 1 & 2	4-6pm Swim Lessons Ln 3 Family Swim Ln 1 Adult Ln 2 & 4	3:30-5pm NH Swim Lessons Ln 2 Family Swim Ln 1 Adults Ln 3 & 4	4-6pm Swim Lessons Ln 3 Family Swim Ln 1 Adult Ln 2 & 4	12-5:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	3-4:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	
		5-6:30pm NH Swim Lessons Ln 1 Team Swims Ln 3 & 4 Adults Ln 2		5:30-6:30pm Family Swim Ln 1 SBGC Ln 2 Adult Ln 3 & 4	Please Note: Adult Lanes are to be used only for water walking, lap swimming or private lessons. We make every effort to have at least one lap lane available. However, there are circumstances that occasionally require all lanes to be occupied. Lane assignments are subject to change during lessons in order to accommodate swim skills being taught. Lane will be added during Masters swim times. Adult swimmers and water walkers may use area by stairs. Pool Closes 1/2 hour before the club Every Day. 3/29/19	
	6-7pm Water Fitness Ln 1, 2 & 3 Adult Ln 4	6:30-7pm Team Swims Ln 3 & 4 Adult Ln 1 & 2	6-7pm Water Fitness Ln 1, 2 & 3 Adult Ln 4	6:30-8:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4		
7-8pm Adult Ln 1 Masters Swim Ln 2, 3 & 4	7-8pm Derry Rehab Ln 3 Family Swim Ln 1 Adults Ln 2 & 4	7-8pm Adult Ln 1 Masters Swim Ln 2, 3 & 4	7-8pm Adult Ln 1 Masters Swim Ln 2, 3 & 4			
8-9:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	8-9:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	8-9:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	8-8:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4			