SAC

Aquatics Schedule

ATHLETIC CLUB SUNDAY **TUESDAY FRIDAY** SATURDAY MONDAY WEDNESDAY THURSDAY 5:00am 5:30 Adult Adult Adult Adult Adult 6:00am Lap Swim Lap Swim **Lap Swim Lap Swim** Lap Swim with 6:30 with with with with 7:00am 1 Walking Lane 1 Walking Lane 1 Walking Lane 1 Walking Lane Adult 1 Walking Lane 7:30 Agua Agua Agua Lap **Adult Lap Swim Fitness Class Fitness Class** 8:00am **Fitness Class Adult Lap Swim** Swim 8:30 Adult Lap/1 Ln/Priv 1 Lane for Privates 1 Lane for Privates Adult Lap/1 Ln/Priv 9:00am Aqua Aqua Aqua Aqua Aqua w/1 Walking Lane 9:30 **Fitness Class Fitness Class Fitness Class Fitness Class** Zumba 1 Lane for Privates 10:00am Adult Adult Adult Lap Swim **Lap Swim** Adult 10:30 Lap Swim Adult Swim 11:00am with **Lap Swim** with with Lap Swim Adult Lessons w/2 lane for Privates w/2 lane for Privates Only * with with Lap Swim 11:30 w/2 lane for Privates 12:00pm 1 Walking Lane 1 Walking Lane 1 Walking Lane **Physical Therapy Physical Therapy Physical Therapy** & 1 Lane for Privates Only 12:30 Only Only Adult & 1 Lane for Privates 1:00pm Agua Lap Swim Agua Agua **Fitness Class** Adult **Fitness Class** 1:30 Adult Zumba w/1 Walking Lane 2:00pm **Family Swim** Adult Adult Lap Swim Lap Swim Lap Swim 2:30 with with Lap Swim with Adult **Family Swim** (\$5 Community (\$5 Community 3:00pm Lap Swim 1 Walking Lane 1 Walking Lane 1 Walking Lane 1 Walking Lane Swim Pass) **Swim Pass**) 3:30 1 Lane for Privates 1 Lane for Privates 2-3:45pm 1 Lane for Privates 1 Lane for Privates with 3:45 POOL 4:00pm 2-4:45pm 1 Walking Lane Swim Swim Swim 4:30 **CLOSED** 1 Lane for Privates Lessons Lessons Lessons Swim 4:45 POOL 5:00pm **Family Swim** Only * Only * Only * Lessons (\$5 Community CLOSED 5:30 Only * **Swim Pass)** 6:00pm 5-6:45pm sacfitlife.com 6:30 Aqua Zumba Family Swim* **Adult Lap** 6-8pm 6:45 POOL 7:00pm 6:30-7:30pm **Adult Lap** Swim* Only **CLOSED** w/1 Walking Lane 7:30 **Adult Lap** Swim* Only 8:00pm Swim **Adult Lap Swim** w/1 Walking Lane 2 lanes for private **POOL CLOSED POOL CLOSED POOL CLOSED POOL CLOSED** 8:45

- Washington State Law requires participants to be 16 or older to user the pool during "Lap Swim" times.
- A lane may be available, but will be limited to ladder only access during swim lesson times. A lane may be used 6-7pm for a private lesson.