

# SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	<b>Adult Lap Swim**</b> 5:00-9:00am	<b>Adult Lap Swim</b> 5:00-12:00pm	<b>Adult Lap Swim**</b> 5:00am-9:00am	<b>Adult Lap Swim</b> 5:00-12:00pm	<b>Adult Lap Swim**</b> 5:00-9:00am		
6:00am							
7:00am						<b>Adult Lap Swim**</b> 7:00-8:30am	
8:00am							
9:00am	<b>Aqua Fitness (Aria)</b> 9:00-10:00am		<b>Aqua Fitness (Teresa)</b> 9:00-10:00am		<b>Aqua Fitness (Lynn)</b> 9:00-10:00am	Swim Lessons 8:30-12:00pm	
10:00am	<b>Adult Lap Swim**</b> 10:00am-12:00pm	<b>Adult Lap Swim**</b> 10:00am-12:00pm	<b>Adult Lap Swim**</b> 10:00am-12:00pm	<b>Adult Lap Swim**</b> 10:00am-12:00pm	<b>Adult Lap Swim**</b> 12:00pm-3:00pm		<b>Adult Lap Swim**</b> 10:00am-1:00pm
11:00am							
12:00pm	<b>Physical Therapy</b> 12:00-1:00pm	<b>Adult Lap Swim</b> 12:00-3:00pm	<b>Physical Therapy</b> 12:00-1:00pm	<b>Physical Therapy</b> 12:00-1:00pm		<b>Physical Therapy</b> 12:00-1:00pm	
1:00pm	<b>Aqua Fitness (Aria)</b> 1:00-2:00pm		<b>Aqua Fitness (Aria)</b> 1:00-2:00pm	<b>Adult Lap Swim</b> 1:00-3:00pm	<b>Adult Lap Swim**</b> 1:00-5:00pm	<b>Family Swim Community Swim</b> 3:00-4:30pm	
2:00pm	<b>Adult Lap Swim**</b> 2:00-6:00pm	Swim Lessons 3:00pm-7:00pm	<b>Adult Lap Swim</b> 2:00-3:00pm				Swim Lessons 3:00-7:00pm
3:00pm							
4:00pm							
5:00pm							
6:00pm	<b>Aqua Fitness (Abby)</b> 6:00-7:00pm		<b>Aqua Fitness (Abby)</b> 6:00-7:00pm				
7:00pm	<b>Adult Lap Swim</b> 7:15-8:45pm	<b>Adult Lap Swim</b> 7:00-8:45pm	<b>Adult Lap Swim</b> 7:15-8:45pm	<b>Adult Lap Swim</b> 7:00-8:45pm	Must be 16 or older to use the pool during <b>Adult "Lap Swim"</b> times. Hot Tub closed for cleaning and maintenance every Wednesday, at 8:00pm. *Lap swimming available for ages 13+(when Pool Attendant on deck only) Lap Swim or Water Walkers in lanes not being utilized by Swim Lessons.		
8:00pm			<b>HOT TUB CLOSED FOR MAINTENANCE @ 8:00PM</b>				
9:00pm	<b>CLOSED</b>	<b>CLOSED</b>		<b>CLOSED</b>			





