



SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Adult Lap Swim** 5:00-9:00am	Adult Lap Swim 5:00-12:00pm	Adult Lap Swim** 5:00am-9:00am	Adult Lap Swim 5:00-12:00pm	Adult Lap Swim** 5:00-9:00am		
6:00am							
7:00am						Adult Lap Swim** 7:00-8:30am	
8:00am							
9:00am	Aqua Fitness (Carleeh) 9:00-10:00am		Aqua Fitness (Teresa) 9:00-10:00am		Aqua Fitness (Lynn) 9:00-10:00am	Swim Lessons 8:30-12:00pm	
10:00am	Adult Lap Swim** 10:00am-12:00pm		Adult Lap Swim** 10:00am-12:00pm		Adult Lap Swim** 10:00am-12:00pm		Adult Lap Swim** 10:00am-1:00pm
11:00am							
12:00pm	Physical Therapy 12:00-1:00pm	Adult Lap Swim 12:00-3:00pm	Physical Therapy 12:00-1:00pm	Physical Therapy 12:00-1:00pm	Physical Therapy 12:00-1:00pm	Adult Lap Swim** 12:00pm-3:00pm	
1:00pm	Aqua Fitness (Aria) 1:00-2:00pm		Aqua Fitness (Aria) 1:00-2:00pm	Adult Lap Swim 1:00-3:00pm	Adult Lap Swim** 1:00-5:00pm		Family Swim Community Swim 1:00-3:30pm
2:00pm	Adult Lap Swim** 2:00-6:00pm		Adult Lap Swim 2:00-3:00pm				
3:00pm		Swim Lessons 3:00pm-7:00pm		Swim Lessons 3:00-7:00pm		Family Swim Community Swim 3:00-4:30pm	
4:00pm							
5:00pm						Family Swim Community Swim 5:00-6:30pm	
6:00pm	Aqua Fitness (Abby) 6:00-7:00pm		Aqua Fitness (Abby) 6:00-7:00pm				
7:00pm	Adult Lap Swim 7:15-8:45pm	Adult Lap Swim 7:00-8:45pm	Adult Lap Swim 7:15-8:45pm	Adult Lap Swim 7:00-8:45pm	Must be 16 or older to use the pool during Adult "Lap Swim" times. *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. ** 1- 2 lanes may be used for swim lessons during these times. Lane sharing is encouraged for all!		
8:00pm							
9:00pm	CLOSED	CLOSED	CLOSED	CLOSED	  @ClubStilly		

SAC POOL SCHEDULE

2025