

THE W POOL HOURS SEPT. 3, 2024-MAY 23, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:15 a.m.	Lap swim ONLY 5:15-7:30 a.m.										
6 a.m.											
7 a.m.						Lap swim ONLY 7-9 a.m.					
7:30 a.m.											
8 a.m.											
9 a.m.						Swim Team 9-10:30 a.m.					
10 a.m.	Senior Lap & Vortex Swim 10-11 a.m.										
10:30 a.m.	Lap swim & Vortex ONLY 11 a.m.-1 p.m.										
11 a.m.										Family Swim 11 a.m.-4 p.m.	Lap swim ONLY 11 a.m.-1 p.m.
12 p.m.						Family Swim 1-6 p.m.					
1 p.m.											
2 p.m.											
3 p.m.		Sauna, Steam, Hot Tub 3-5 p.m.		Sauna, Steam, Hot Tub & Athlete X-training 3-5 p.m.							
4 p.m.	Swim Team 4-5 p.m.		Swim Team 4-5 p.m.								
5 p.m.	Lap, Vortex & Family Swim 5-8 p.m.										
6 p.m.											
7 p.m.											

- Senior Only + sauna/steam room
- Swim Team
- Lap Swim only + sauna/steam, open to anyone
- Lap, Vortex, AND Family Swim + sauna/steam
- Family Swim + sauna/steam, open
- Sauna, Steam Room, Hot Tub & Athlete Cross-training

