

THE W POOL HOURS SEPT. 5, 2023-MAY 24, 2024

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---------------------------------------|--------------------------------|-----------|---|----------------------|----------------------------|------------------------------|
| 5:15 a.m. | Lap swim ONLY 5:15-7:45 a.m. | | | | | | |
| 6 a.m. | | | | | | | |
| 7 a.m. | | | | | | Lap swim ONLY 7-9 a.m. | |
| 7:45 a.m. | | | | | | | |
| 8 a.m. | | | | | | | |
| 10 a.m. | Senior Lap & Vortex Swim 10-11 a.m. | | | | | | |
| 11 a.m. | Lap swim & Vortex ONLY 11 a.m.-1 p.m. | | | | | Family Swim 11 a.m.-4 p.m. | Lap swim ONLY 11 a.m.-1 p.m. |
| 12 p.m. | | | | | | | |
| 1 p.m. | | | | | Family Swim 1-6 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. | | | | | | | |
| 5 p.m. | Family Swim and Lap Swim 5-8 p.m. | | | | | | |
| 6 p.m. | | | | | | | |
| 7 p.m. | | | | | | | |



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