

AQUATICS



Pool 1 (deep pool)

Spring 2025

SAW MILL CLUB • EAST

Pool Hours: Mon/Wed/Fri: 5:00AM–4:00PM, Tue/Thu: 5:00AM–9:00PM, Sat/Sun: 6:30AM–5:00PM

Effective 3/1/2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00AM								5:00AM
5:30AM								5:30AM
6:00AM								6:00AM
6:30AM								6:30AM
7:00AM								7:00AM
7:30AM						Lap Swim 6:30AM–9:30AM	Lap Swim 6:30AM–11:00AM	7:30AM
8:00AM								8:00AM
8:30AM								8:30AM
9:00AM								9:00AM
9:30AM								9:30AM
10:00AM	Lap Swim 5:00AM–11:30AM	Lap Swim 5:00AM–4:00PM	Lap Swim 5:00AM–11:30AM	Lap Swim 5:00AM–4:00PM	Lap Swim 5:00AM–11:30AM			10:00AM
10:30AM						Pool Closed 9:30AM–12:00PM		10:30AM
11:00AM								11:00AM
11:30AM	11:30AM–12:30PM Deep Water Training		11:30AM–12:30PM Deep Water Training		11:30AM–12:30PM Deep Water Training			11:30AM
NOON							Pool Closed 11:00AM–1:30PM	NOON
12:30PM								12:30PM
1:00PM								1:00PM
1:30PM								1:30PM
2:00PM	Lap Swim 12:30PM–4:00PM		Lap Swim 12:30PM–4:00PM		Lap Swim 12:30PM–4:00PM	Lap Swim 12:00PM–5:00PM		2:00PM
2:30PM								2:30PM
3:00PM								3:00PM
3:30PM							Lap Swim 1:30PM–5:00PM	3:30PM
4:00PM								4:00PM
4:30PM								4:30PM
5:00PM								5:00PM
5:30PM	Pool Closed 4:00PM	Pool Closed 4:00–8:00PM	Pool Closed 4:00–8:00PM	Pool Closed 4:00–8:00PM	Pool Closed 4:00PM	Pool Closed 5:00PM	Pool Closed 5:00PM	5:30PM
6:00PM								6:00PM
6:30PM								6:30PM
7:00PM								7:00PM
7:30PM								7:30PM
8:00PM								8:00PM
8:30PM		Lap Swim 8:00PM–9:30PM	Lap Swim 8:00PM–9:30PM	Lap Swim 8:00PM–9:30PM				8:30PM
9:00PM								9:00PM