Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:25am	Lap Swim (6) 5:00- 8:00am Adult Lessons (3) 8-8:30am	CLOSED	CLOSED
Water Aerobics (0) 8:30 - 9:30 AM	Water Aerobics (0) 8:30 - 9:30 AM	Water Aerobics (0) 8:30 - 9:30 AM	Water Aerobics (0) 8:30 - 9:30 AM	Water Aerobics (0) 8:30 - 9:30 AM	SWIM LESSONS (4) 8:00-9:00 AM SWIM LESSONS (2)	
Lap Swim (5)	Lap Swim (5) 9:35 - 12:00 PM	Lap Swim (5) 9:35 - 10:15 AM	Lap Swim (5) 9:35 - 12:00 PM	Lap Swim (5) 9:35 - 11:45 AM	9:00-10:00 AM	
9:35 - 1:00 PM	RSU 40 (4) 12-1PM	Lessons 10:15-11AM (4) Lap Swim (5) 11-1pm	RSU 40 (4) 12-1PM	WES LESSONS (3) 11:45-1PM		CLOSED
CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM	CLOSED 1:00-2:30 PM WES LESSONS	Lap Swim (5) 10:00 - 4:00 PM	
Lap Swim (5) 2:30 - 3:30 PM	Lap Swim (4) 2:30 - 4:15 PM	Lap Swim (5) 2:30 - 3:30 PM	Lap Swim (5) 2:30 - 3:30 PM			
WCCU (3) 3:30-4:30 PM	LESSONS (2) 4:15 - 5:00 PM	WCCU (3) 3:30-4:30 PM	LESSONS (2) 3:30-4:15pm	Lap Swim (5)		
Lap Swim (5) 4:30-6:00PM Vater Aerobics (0) 6:00-7:00PM	Lap Swim (5) 5:00-7:00PM	Lap Swim (5) 4:30-6:00PM Water Aerobics (0) 6:00-7:00PM	Lap Swim (5) 4:15-7:00PM	2:30-7:00PM		
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

(\*) MEANS NUMBER OF LANES AVAILABLE FOR LAP SWIMMING {Ex: (2) = 2 lanes available}

W.C.C. ALCOVE POOL SCHEDULE: MAY 12TH - MAY 25TH, 2025										
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Adult Water Walk	Adult Water Walk	Adult Water Walk	Adult Water Walk	Adult Water Walk						
5:00 - 8:30 AM	5:00 - 8:30 AM	5:00 - 8:30 AM	5:00 - 8:30 AM	5:00 - 8:30 AM						
				ADULT LESSONS	Open Swim					
				8:00-8:30AM	8:00 - 9:45 AM					
Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics						
8:30 - 9:30 AM	8:30 - 9:30 AM	8:30 - 9:30 AM	8:30 - 9:30 AM	8:30 - 9:30 AM	SWIM LESSONS					
Open Swim	PARENT TOT 9:30-10AM	LESSONS	Open Swim	SPLASH CLASS	9:45-11:45AM					
9:30-1:00 PM	Open Swim 10-12pm	9:30-10:15AM	9:30-12:00 PM	9:30-10:15 AM						
	RSU 40	Open Swim	RSU 40	Open Swim		CLOSED				
	12-1PM	10:15-1:00 PM	12-1PM	10:15 - 1:00 PM						
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Open Swim					
1:00 - 2:30 PM	12:00 - 2:30 PM	1:00 - 2:30 PM	12:00 - 2:30 PM	1:00 - 2:30 PM	11:45 - 4:00 PM					
	Open Swim		Open Swim							
Open Swim	2:30 - 3:30 PM		2:30 - 4:15 PM	Open Swim						
2:30-6:45PM	LESSONS	Open Swim	LESSONS	2:30-6:45 PM						
	3:30-4:15PM	2:30-6:45PM	4:15-5PM							
	Open Swim		Open Swim	1						
	4:15-6:45PM		5:00-6:45PM							
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED				

## **IMPORTANT NOTES:**

Pool Closed SUNDAYS

Pool/Building Closed Memorial Day Weekend (5/24-5/26) - Full Summer Hours Start

POOL RULES:

No running No diving

Children under 4 must have an adult in the water with them

- Children 4-11 must have an adult in the pool room supervising them If your child is not FULLY potty trained please put them in a swim diaper (If they don't go to bed or ride in the car without a diaper on do not put them in the pool without one!)
- No Food or Drink (except water!) NO GLASS CONTAINERS!!

Only USCG approved lifejackets allowed. No inflatables!

Hair shoulder length or longer (regardless of gender) must be tied up in a ponytail or put in a swim cap.

Only appropriate swim wear allowed

Lap lanes are for sharing! If you are unwilling to share then you may be asked to wait until one opens up!

\*If you plan on bringing a large group to swim it is always a good idea to call ahead of time to give us a heads up, so that we can hopefully accommodate everyone staff wise! Thank you!\*