



**Lap Swim**

Member-only lap swim:

- 5am-8am Monday – Friday (8 lanes)

Member and non-member lap swim:

- **Monday – Friday:** 8 AM - 4 PM (7 to 8 lanes)
- **Saturday:** 11:30 AM – 4:45 PM (7 lanes available)
- **Sunday:** 1:00 pm – 4:45 PM (7 lanes available)

**\*Please view the “Important Dates” box for times that might differ from the above schedule\***

**Important Dates**

- No swim practice on Friday the 16<sup>th</sup> and 23<sup>rd</sup> (8 lap lanes available until 8 PM).
- No swim practice on Saturday the 17<sup>th</sup> and 24<sup>th</sup> (7-8 lap lanes available from 8 AM – 4:45 PM).

**Pool closures**

- February 19<sup>th</sup> at 5 PM (Lifeguard Training)

**Swim Team Practice**

**Mornings**

- None

**Evenings**

- 4:15 PM -7:45 PM Monday – Friday

**Weekends**

- 8 AM -11:30 AM on Saturdays. No practice on the 17<sup>th</sup>, 24<sup>th</sup>
- Sunday: no practice

**\*Please view the “Important Dates” box for times that might differ from the above schedule\***

**Public swim hours (Zero Depth Area)**

**Open times are from:**

- 10 AM -4 PM Monday – Friday (**Family swim closes at 4 pm for swim lessons**)
- 8 AM– 4:45 PM on Saturdays
- 1 PM – 4:45 PM on Sundays

**Water Aerobics**

Monday - Friday

\*Aerobics schedule is on the back\*

**Contact Justin Perkins for any questions.**

**Jperkins@opelika-al.gov**

# **February water aerobics schedule**

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>
<u>9 AM</u>	<u>9 AM</u>	<u>9 AM</u>	<u>9 AM</u>	<u>9 AM</u>
<u>Standard</u> Teresa	<u>Aqua HIIT</u> Teresa	<u>Standard</u> Pat	<u>Aqua HIIT</u> Charna	<u>Standard</u> Jen