

POOL SCHEDULE



LAP SWIM ONLY
 7 DAYS A WEEK
 10:00 AM to 11:00 AM



CLOSED

Monday through Friday
 8:30 AM to 9:30 AM
 CLASS IN SESSION

CLOSED

Tuesday & Thursday
 4:00 PM to 5:00 PM
 CLASS IN SESSION

SEABROOK SWIM

(OPEN SWIM - ALL Seabrookers Welcome)

****Pool Towels are NOT provided...Please bring one with you.****

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ■ Before 10 AM ■ 11 AM to CLOSE 	<ul style="list-style-type: none"> ■ Before 8:30 AM ■ 11 AM to CLOSE 	<ul style="list-style-type: none"> ■ Before 8:30 AM ■ 11 AM to 4 PM ■ 5 PM to CLOSE 	<ul style="list-style-type: none"> ■ Before 8:30 AM ■ 11 AM to CLOSE 	<ul style="list-style-type: none"> ■ Before 8:30 AM ■ 11 AM to 4 PM ■ 5 PM to CLOSE 	<ul style="list-style-type: none"> ■ Before 8:30 AM ■ 11 AM to Close 	<ul style="list-style-type: none"> ■ Before 10 AM ■ 11 AM to CLOSE

*****LANE DESIGNATIONS*****

LANE 1 (Lane with stairs) – WATER THERAPY ONLY

LANE 2 & 3 – Swimming Lanes

LANES 4 & 5 (Lanes closest to the OUTSIDE DOORS) – SEABROOK SWIM



Outside Doors	
Lane 5 – Seabrook Swim	
Lane 4 – Seabrook Swim	
Lane 3 – Lap Lane	
Lane 2 – Lap Lane	
Lane 1 – Water Therapy	Stairs
Doors to FITNESS CENTER	

