

CAC - SILVER LAKE INDOOR POOL SCHEDULE DECEMBER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)
7:00 AM							
8:00 AM							
9:00 AM	Water Aerobics 9:00-10:00am Adult Lap Swim*	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Water Aerobics 9:00-10:00am Adult Lap Swim*	Wahoos Prep (9-12pm) Adult Lap Swim*	Adult Lap Swim* (Reservation required)
10:00 AM							
11:00 AM	Adult Lap Swim* (Reservation required)	Aqua Motion 1:00-2:00pm Adult Lap Swim*	Adult Lap Swim* (Reservation required)	Aqua Motion 1:00-2:00pm Adult Lap Swim*	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)
12:00 PM							
1:00 PM							
2:00 PM	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)
3:00 PM							
4:00 PM							
5:00 PM	Wahoos Swim Team (4-7pm)	Wahoos Swim Team (4-7pm)	Wahoos Swim Team (4-7pm)	Wahoos Swim Team (4-7pm)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)
6:00 PM							
7:00 PM	Adult Lap Swim* (Reservation required)	Water Aerobics 7:00-8:00pm Adult Lap Swim*	Water Aerobics 7:00-8:00pm Adult Lap Swim*	Adult Lap Swim* (Reservation required)			
8:00 PM							

Hot Tub and Indoor Teaching Pool available for reservations!

***Lap Lanes can be reserved during this time. Reservations can be made each hour on the hour. Limit 1 person per lane, or max 2 people from the same household. Please bring your own towel.**

Reservations can be made through our on-line member portal or by calling the Front Desk at 425.745.1617.

Please note: Pool closes 30 minutes before Club.

