

# JUANITA BAY BIG POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY		
5:00 AM	Adult Lap Swim 5am-8:55am  4 Lanes	Adult Lap Swim 5am-7:55am  4 Lanes	Adult Lap Swim 5am-8:55am  4 Lanes	Adult Lap Swim 5am-7:55am  4 Lanes	Adult Lap Swim 5am-8:55am  4 Lanes	Adult Lap Swim 6am-7am		Adult Lap Swim 6am-7:30pm  2-3 Lanes		
6:00 AM						Express Splash 7am-7:45am				
7:00 AM										
8:00 AM		Cardio H2O 8am-9am		Hydro Health: Gentle Moves 8am-9am		Wahoo's Swim Team 9am-12pm  3 Lanes	Adult Lap Swim 7:30am-12pm  1 Lane			
9:00 AM	Aqua Zumba 9am-10am	Cardio H2O 9am-10am	Adult Lap Swim 9am-11am  2-3 Lanes	Hydro Health 9am-10am						
10:00 AM	Adult Lap Swim 10am-10pm  3 Lanes	Adult Lap Swim 9am-3pm  2-3 Lanes	Adult Lap Swim 10am-3pm  2-3 Lanes	Aqua Zumba 11am-12pm	Adult Lap Swim 10am-10pm  2-3 Lanes	Adult Lap Swim 12pm-7:30pm  2-3 Lanes				
11:00 AM				Adult Lap Swim 12pm-3pm  3 Lanes						
12:00 PM				MS Swim/Wahoo's Swim Team 3pm-7pm  4 Lanes (starts 10/08/2024)					MS Swim/Wahoo's Swim Team 3pm-7pm  4 Lanes (starts 10/09/2024)	MS Swim/Wahoo's Swim Team 3pm-7pm  4 Lanes (starts 10/10/2024)
1:00 PM										
2:00 PM										
3:00 PM										
4:00 PM										
5:00 PM										
6:00 PM										
7:00 PM		Adult Lap Swim 7pm-10pm  1-3 Lanes	Adult Lap Swim 7pm-10pm  3 Lanes	Adult Lap Swim 7pm-10pm  1-3 Lanes						
8:00 PM	Pool and Aquatic Center close 30 minutes before Club closure.									
9:00 PM										

Adult Lap Swim = Lap Swim or swim workouts. No swim lessons in these lanes. If lane not in use, it is available for open swim. For questions regarding aquatic programming, please email Aquatic Director Drew Whorley at [drew@columbiaathletic.com](mailto:drew@columbiaathletic.com).

