

# CAC - SILVER LAKE INDOOR POOL SCHEDULE OCTOBER

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			Adult Lap Swim*				
8:00 AM	Water Aerobics 8:15-9:15am		Water Aerobics 8:15-9:15am				
9:00 AM	Adult Lap Swim*		Adult Lap Swim*				
10:00 AM	Adult Lap Swim* (Reservation required)	Aqua Motion 1:15-2:15pm	Adult Lap Swim*				
11:00 AM							
12:00 PM		Adult Lap Swim*	Aqua Motion 1:15-2:15pm	Adult Lap Swim*			
1:00 PM		HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)			
2:00 PM	Wahoos Swim Team (4-7pm)	Wahoos Swim Team (4-7pm)	Wahoos Swim Team (4-7pm)	Wahoos Swim Team (4-7pm)			
3:00 PM							
4:00 PM							
5:00 PM	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Water Aerobics 7:10-8:10pm	Adult Lap Swim* (Reservation required)	NEW! Indoor Teaching Pool now available for Family Swim reservations!		
6:00 PM			Adult Lap Swim* (Reservation required)				
7:00 PM	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)	Adult Lap Swim* (Reservation required)			
8:00 PM							
9:00 PM							

**\*Lap Lanes can be reserved during this time. Reservations can be made each hour on the hour. Limit 1 person per lane. Reservations can be made through our on-line member portal or by calling the Front Desk at 425.745.1617. Please bring your own towel. Please note: Pool closes 30 minutes before Club.**

