

CAC - SILVER LAKE INDOOR POOL SCHEDULE FEBRUARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Aqua Bootcamp 9-10am	Open Swim (Reservation required)	Aqua HIIT 45 9:15-10am	Open Swim (Reservation required)	Aqua Bootcamp 9-10am	Open Swim (Reservation required)	Open Swim (Reservation required)
10:00 AM							
11:00 AM							
12:00 PM	Open Swim (Reservation required)		Aqua Motion 12-1pm		Aqua Motion 12-1pm		
1:00 PM	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)
2:00 PM							
3:00 PM	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	Open Swim (Reservation required)	Open Swim (Reservation required)	Open Swim (Reservation required)
4:00 PM	Wahoos Swim Team (4-7pm)	Wahoos Swim Team (4-7pm)	Private Swim Lessons (4-7pm)	Wahoos Swim Team (4-7pm)			
5:00 PM							
6:00 PM							
7:00 PM	Aqua Bootcamp 7:40-8:40pm	Open Swim (Reservation required)	Aqua Bootcamp 7:40-8:40pm	Open Swim (Reservation required)	Open Family Swim (Two lanes, no reservations required)	Open Family Swim (Two lanes, no reservations required)	
8:00 PM							
9:00 PM							Open Swim (Reservation required)

Towel service available for Members.

Each lap lane may now hold up to two reservations per lane, meaning you may be sharing your lane with another member.

Reservations for lap lanes, or the indoor teaching pool can be made through our on-line member portal or by calling the Front Desk at 425.745.1617.

Please note: Pools and Hot Tub close 30 minutes before the Club.

