

JUANITA BAY BIG POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00 AM												
6:00 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				
7:00 AM						Express Splash 7am-7:45am						
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-4pm 2-3 Lanes	Adult Lap Swim 9am-3pm 2-3 Lanes	Adult Lap Swim 10am-4pm 2-3 Lanes	Adult Lap Swim 12pm-3pm 2-3 Lanes	Adult Lap Swim 10am-10pm 2-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes						
11:00 AM										Aqua Zumba 11am-12pm		
12:00 PM												
1:00 PM												
2:00 PM												
3:00 PM		MS Swim/Wahoo's Swim Team 3pm-5:45pm 4 Lanes	Wahoo's Swim Team 4pm-7pm 4 Lanes	MS Swim/Wahoo's Swim Team 3pm-5:45pm 4 Lanes								
4:00 PM	Wahoo's Swim Team 4pm-7pm 4 Lanes							MS/Wahoos 5:45-7pm 2 Lanes				
5:00 PM												
6:00 PM												
7:00 PM	Adult Lap Swim 7pm-10pm 3 Lanes	Adult Lap Swim 5:45pm-10pm 1-3 Lanes	Adult Lap Swim 7pm-10pm 3 Lanes	Adult Lap Swim 5:45pm-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.

