

# CAC - SILVER LAKE INDOOR POOL SCHEDULE NOVEMBER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Aqua Bootcamp 9:00-10:00am		Aqua HIIT 45 9:15-10:00am		Aqua Bootcamp 9:00-10:00am	Wahoos and Lessons 9:00 am - 12:00 pm	Open Swim
10:00 AM	Open Swim 10am - 3pm	Aqua Motion 12:00-1:00pm	Open Swim 10am - 3pm	Aqua Motion 12:00-1:00pm	Open Swim		
11:00 AM							
12:00 PM							
1:00 PM						Open Swim	
2:00 PM							Open Family Swim (Two lanes)
3:00 PM	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	Open Swim 10am - 7pm (2-3 lanes for swim lessons)		
4:00 PM	Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)			
5:00 PM							
6:00 PM							
7:00 PM		Open Swim		Open Swim			
8:00 PM	Aqua Bootcamp 7:40 pm -8:40 pm		Aqua Bootcamp 7:40 pm -8:40 pm				
9:00 PM							

**Towel service available for members.**

**Lap swimmers are expected to share lanes.**

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

