

# FITNESS POOL

DOWNTOWN  
ATHLETIC CLUB

## SCHEDULE

### MON / WED / FRIDAYS

#### **Adult Swim**

5AM-6:30AM

#### **Moonlight Adult Swim**

6:30AM-8AM

#### **Adult Swim**

8AM-11AM

#### **Aqua Fit**

11AM-12PM

#### **Adult Swim**

12PM-1PM

#### **Youth Camp\***

1PM-2PM

#### **Family Swim/Swim Lessons**

2PM-8PM

#### **Moonlight Swim**

8PM-9PM

### SATURDAYS & SUNDAYS

#### **Moonlight Swim**

7AM-8AM

#### **Adult Swim**

8AM-10AM

#### **Family Swim\***

10AM-7PM

\*Pool may be in use for Birthday Parties

### TUESDAYS & THURSDAYS

#### **Adult Swim**

5AM-6:30AM

#### **Moonlight Adult Swim**

6:30AM-8AM

#### **Adult Swim**

8AM-9AM

#### **Aqua Fit**

9AM-10AM

#### **Adult Swim**

10AM-1PM

#### **Youth Camp\***

1PM-2PM

#### **Family Swim/Swim Lessons**

2PM-8PM

#### **Moonlight Swim**

8PM-9PM

Updated 6/14/24

\*Youth Camp is Mon-Fri

June 17 - August 30

Fitness Pool Temp is 88°F

Youth Pool Hours are from 2-8pm M-F and at 10am on weekends. Children under 14 must be accompanied by an adult at all times. No lifeguard on duty.

Club Hours | Mon - Fri 5AM-9PM | Sat - Sun 7AM-7PM