



MONDAY	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:30		
LANE 6	MASTERS 5:30-6:45am						MASTERS 11:00am-12:00pm						GTS 5:00-6:30pm				
LANE 5																	
LANE 4								REC SWIM									
LANE 3								POOL FLOAT 12:30-3:30pm									
LANE 2											REC SWIM						
LANE 1																	

SATURDAY	6:00	7:00	8:00	9:00	10:30	11:00	12:00	4:30
LANE 6								
LANE 5								
LANE 4								
LANE 3								
LANE 2								
LANE 1								

SUNDAY	6:00	7:00	8:00	9:00	10:30	11:00	12:00	5:30
LANE 6			MASTERS 8:00-9:15am					
LANE 5								
LANE 4								REC SWIM
LANE 3								POOL FLOAT 11:30-4:00pm
LANE 2						REC SWIM 10:30AM		
LANE 1								

Lane 1 – East    Lane 6 –West  
**\*Lifeguards on Duty:** Monday-Friday 11:00am-5:00pm  
 Saturday, Sunday + Holidays 10:30am-5:00pm

## POOL POLICIES, RULES AND ETIQUETTE

- ## EVENTS AND SPECIAL NOTES

- | FRIDAY | 5:30                   | 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 1:00                       | 2:00 | 3:00 | 4:00 | 5:00     | 6:00 | 6:30 |
|--------|------------------------|------|------|------|------|-------|-------|-------|----------------------------|------|------|------|----------|------|------|
| LANE 6 | MASTERS<br>5:30-6:45am |      |      |      |      |       |       |       |                            |      |      |      |          |      |      |
| LANE 5 |                        |      |      |      |      |       |       |       |                            |      |      |      |          |      |      |
| LANE 4 |                        |      |      |      |      |       |       |       | REC SWIM                   |      |      |      |          |      |      |
| LANE 3 |                        |      |      |      |      |       |       |       | POOL FLOAT<br>12:30-3:30pm |      |      |      | REC SWIM |      |      |
| LANE 2 |                        |      |      |      |      |       |       |       |                            |      |      |      |          |      |      |
| LANE 1 |                        |      |      |      |      |       |       |       |                            |      |      |      |          |      |      |

**GTS: MORNING & AFTERNOON PRACTICE CANCELLED JULY 4 AND JULY 23-26**

**GTS: MORNING & AFTERNOON PRACTICE CANCELLED JULY 4 AND JULY 23-26**

# INDOOR POOL SCHEDULE

JULY 2025 | Updated 6/26/25 | Subject to change.

MONDAY	5:00	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	8:00
LANE 1	<div>GTS 5:30-7:00am</div>	<div>GTS 5:30-7:00am</div>				<div>Shallow H2O 9-10am 8:45am Move Ropes</div>	<div>PARENT TOT</div>	Tennis/Swim 11:00-12:00					<div>GTS 4:00-8:00pm</div>			
LANE 2																
LANE 3																
LANE 4																
LANE 5																
LANE 6																
LANE 7																
LANE 8																

TUESDAY	5:00	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	8:00
LANE 1						Deep		Tennis/Swim						GTS 4:00-6:15pm		
LANE 2						H2O		11:00-12:00								
LANE 3						9-10am										
LANE 4						8:45am										
LANE 5						Move Ropes										
LANE 6																
LANE 7													Lessons 4:00-6:15pm			
LANE 8																

WEDNESDAY	5:00	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	8:00
LANE 1		GTS 5:30-7:00am						Tennis/Swim 11:00-12:00								
LANE 2																
LANE 3																
LANE 4																
LANE 5																
LANE 6																
LANE 7																
LANE 8																
						Shallow H2O 9-10am										
						8:45am Move Ropes										
													Lessons 4:00-6:15pm			

THURSDAY	5:00	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	8:00	
LANE 1						Deep		Tennis/Swim						GTS 4:00-6:15pm			
LANE 2						H2O		11:00-12:00									
LANE 3						9-10am											
LANE 4						8:45am											
						Move Ropes											
LANE 5																	
LANE 6																	
LANE 7													Lessons 4:00-6:15pm				
LANE 8																	

FRIDAY	5:00	5:30	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	8:00		
LANE 1		GTS				Deep							GTS 4:00-8:00pm					
LANE 2		5:30-7:00am				H2O												
LANE 3						9-10am												
LANE 4						8:45am												
LANE 5						Move Ropes												
LANE 6																		
LANE 7																		
LANE 8													Lessons		4:00-6:15pm			

	7:00	8:00	9:00	10:00	11:00	12:00	5:30
LANE 1	GTS 7:00-9:00am		STROKE SCHOOL 9:00-10:00am	LESSONS 10:00am-12:00pm			
LANE 2							
LANE 3							
LANE 4							
LANE 5							
LANE 6							
LANE 7							
LANE 8							

SUNDAY	7:00	8:00	9:00	10:00	11:00	12:00	5:30
LANE 1							
LANE 2							
LANE 3							
LANE 4							
LANE 5							
LANE 6							
LANE 7							
LANE 8							

KEY

Lane 1 – West    Lane 8 – East

Lap Swim

### POOL POLICIES, RULES AND ETIQUETTE

- **NO LIFEGUARD ON DUTY, SWIM AT YOUR OWN RISK!**
- **In event of inclement weather** lane availability may be affected: if GTS, Masters, Camp Greenwood is moved indoors.
- Please refer to Club Greenwood Swim Policies.
- Must be 13 years old and have Junior Certificate to use pool without parental supervision. Please refer to Club Greenwood Youth Policy.
- LAP SWIM is for lap swimmers, water walkers and other water exercise. No diving. Sharing lanes:
  - Inform the person when you enter the lane.
  - If two swimmers, split the lane or circle swim.
- **PRIVATE LESSONS MAY TAKE PLACE IN OPEN LANES.**

### EVENTS AND SPECIAL NOTES

- Pool closes 30 minutes prior to the club closing.
- Private lessons and birthday parties may take place in open lanes.

**WATER FITNESS CLASSES START MOVING LANE ROPES AT 8:45AM**

**GTS: MORNING & AFTERNOON PRACTICE CANCELLED  
JULY 4 AND JULY 23-26**