

The Club at the Claremont | Aquatics Program-Main/Lap Pools | Effective 1/01/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30am	6:30-7:30am	6:30-7:30am		6:30-7:30am		
ADULT COACHED SWIM 3-4 Lanes LAP Pool	ADULT COACHED SWIM 3-4 Lanes LAP Pool	ADULT COACHED SWIM 3-4 Lanes LAP Pool		ADULT COACHED SWIM 3-4 Lanes LAP Pool		
	8:00-9:00am		8:00-9:00am			9:00am-12:00pm
	ADULT COACHED SWIM 3-4 Lanes LAP Pool		ADULT COACHED SWIM 3-4 Lanes LAP Pool			Swim Lessons 1 Lane MAIN Pool
9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:30-10:25am
Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	AQUA FIT Open Area MAIN Pool
9:45-10:40am	9:45-10:40am	10:00-11:00am	9:45-10:40am	10:00-11:00am		
AQUA FIT Open Area MAIN Pool	AQUA FIT Open Area MAIN Pool	ADULT COACHED SWIM 3-4 Lanes LAP Pool	AQUA FIT Open Area MAIN Pool	ADULT COACHED SWIM 3-4 Lanes LAP Pool		
10:00-11:00am	2:00-6:00pm	2:00-6:00pm	2:00-6:00pm	2:00-6:00pm	12:00-1:00pm	
ADULT COACHED SWIM 3-4 Lanes LAP Pool	Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	Swim Lessons 1 Lane MAIN Pool	STREAMLINERS 3-4 Lanes LAP Pool	
2:00-6:00pm					1:00-2:00pm	
Swim Lessons 1 Lane MAIN Pool					NEPTUNES & ADULT COACHED SWIM 3-4 Lanes LAP Pool	
3:45-4:45pm		3:45-4:45pm		3:45-5:45pm	2:00-3:00pm	
STREAMLINERS 3-4 Lanes LAP Pool		STREAMLINERS 3-4 Lanes LAP Pool		STREAMLINERS 3-4 Lanes LAP Pool	NEPTUNES & ADULT COACHED SWIM 3-4 Lanes LAP Pool	
4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm		
NEPTUNES 3-4 Lanes LAP Pool	NEPTUNES 3-4 Lanes LAP Pool	NEPTUNES 3-4 Lanes LAP Pool	NEPTUNES 3-4 Lanes LAP Pool	NEPTUNES 3-4 Lanes LAP Pool		
6:00-7:00pm		6:00-7:00pm	6:00-7:00pm			
ADULT COACHED SWIM 3-4 Lanes LAP Pool		ADULT COACHED SWIM 3-4 Lanes LAP Pool	ADULT COACHED SWIM 3-4 Lanes LAP Pool			
		6:30-7:25pm				
		AQUA FIT Open Area MAIN Pool				

Program Legend

Swim Lessons

Streamliners

Aqua Fit

Neptunes

