

General Lap Pool Schedule



THE HILLS
SWIM & TENNIS CLUB

Monday, Wednesday, Friday	
5:00am - 6:00am	Lap Swim (6 lanes)
6:00am - 7:30am	Adult Swim Class (4 lanes) Lap Swim (2 lanes)
7:30am - 9:00am	Lap Swim (6 lanes)
9:00am - 10:00am	Water Aerobics (dive well + 1 lane) Lap Swim (5 lanes)
10:00am - 4:00pm	Lap Swim (6 lanes)
4:00pm - 7:00pm	Swim Team (4 lanes) Lap Swim (2 lanes)
7:00pm - 10:00pm	Lap Swim (6 lanes)

Tuesday and Thursday	
5:00am - 6:00am	Lap Swim (6 lanes)
6:00am - 7:15am	Swim Team (4 lanes) Lap Swim (2 lanes)
7:15am - 4:00pm	Lap Swim (6 lanes)
4:00pm - 7:00pm	Swim Team (4 lanes) Lap Swim (2 lanes)
7:00pm - 10:00pm	Lap Swim (6 lanes)

Saturday	
7:00am - 11:00am	Lap Swim (6 lanes)
11:00am - 10:00pm	Free swim (2-3 lanes) on request Lap Swim (3-4 lanes)

Sunday	
7:00am - 9:00am	Lap Swim (6 lanes)
9:00am - 10:00am	Water Aerobics (dive well + 1 lane) Lap Swim (5 lanes)
10:00am - 10:00pm	Free swim (2-3 lanes) on request Lap Swim (3-4 lanes)

**** The dive well is closed on Wednesday's and Friday's from 4:30pm - 5:00pm for swim team practice.**