Mountain Brook Pool Schedule - Fall 2025

	Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday				
	Lane					Lane					Lane					Lane					Lane					Lane					Lane				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
5:00a	Pool opens at 10am on Sundays					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Pool opens at 7am Saturdays				
5:30a																																			
6:00a																																			
6:30a						Open swim	Masters Swim	Lap Swim			Open Swim	Masters Swim	Lap Swim			Open Swim	Masters Swim	Lap Swim			Open Swim	Masters Swim	Lap Swim			Open Swim	Masters Swim	Lap Swim			Open Swim	Masters Swim	Lap Swim		
7:00a																																			
7:30a																																			
8:00a																																			
8:30a						Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open Swim				
9:00a											Aqua Challenge																								
9:30a																Aqua Zumba																			
10:00a	Open Swim			Lap Swim							Open Swim			Lap Swim							Open Swim			Lap Swim											
10:30a																Open Swim																			
11:00a																																			
11:30a																																			
12:00p																																			
12:30p		Masters Swim				SWIM LESSON	TRIATHLON TRAINING									SWIM LESSON	TRIATHLON TRAINING																		
1:00p																																			
1:30p																																			
2:00p																																			
2:30p							Open Swim										Open Swim																		
3:00p																																			
3:30p	Open Swim																																		
4:00p																																			
4:30p																																			
5:00p																																			
5:30p											SWIM LESSON	Open Swim									SWIM LESSON	Open Swim													
6:00p						Open Swim		Lap Swim																											
6:30p																																			
7:00p																Open Swim																			
7:30p	Pool closes at 5: 45pm on Sundays																				Open Swim														
8:00p											Open Swim																								
8:30p																																			
9:00p																																			
						Pool closes at 8:45p Monday - Thursday																				Pool closes at 7: 45pm on Fridays					Pool closes at 5: 45pm on Saturdays				

KEY: Lap Swim | Open Swim | Master's Swim | Swim Lessons | Group Ex | Triathalon Training

***Please note that these designate the number of lanes allocated during each time frame, and not a specific lane location*