Trussville Main Pool Schedule - SPRING

Monday

Lane: 1 | 2 | 3 | 4 | 5 | 6 | 7

- LAPS
- AQUA FIT 9a - 9:45a
- AQUA JAM 10a-10:45a
- FAMILY SWIM 10:30a - 8:45p
- AQUA FIT 6-6:45p
- SWIM LESSONS
- SWIM TEAM

Tuesday

Lane: 1 | 2 | 3 | 4 | 5 | 6 | 7

- LAPS
- AQUA CHALLENGE 8a-8:45a
- AQUA FIT 9a - 9:45a
- FAMILY SWIM 10:30a - 8:45p
- SWIM LESSONS
- SWIM TEAM

Wednesday

Lane: 1 | 2 | 3 | 4 | 5 | 6 | 7

- LAPS
- AQUA CHALLENGE 8a-8:45a
- AQUA FIT 9a - 9:45a
- AQUA FIT 10a-10:45a
- FAMILY SWIM 10:30a - 8:45p
- AQUA JAM 6-6:45p
- SWIM LESSONS
- SWIM TEAM

Thursday

Lane: 1 | 2 | 3 | 4 | 5 | 6 | 7

- LAPS
- AQUA CHALLENGE 8a-8:45a
- AQUA FIT 9a - 9:45a
- FAMILY SWIM 10:30a - 8:45p
- SWIM LESSONS
- SWIM TEAM

Friday

Lane: 1 | 2 | 3 | 4 | 5 | 6 | 7

- LAPS
- AQUA FIT 9a - 9:45a
- AQUA FIT 10a - 10:45a
- FAMILY SWIM 13:30a - 8:45p
- SWIM TEAM

Saturday

Lane: 1 | 2 | 3 | 4 | 5 | 6 | 7

- Pool opens at 7am Saturdays
- LAPS
- AQUA FIT 9a - 9:45a
- SWIM LESSONS
- FAMILY SWIM 10:30a-5:45p
- LAPS
- Pool closes at 5:45p on Saturdays and Sundays

Sunday

Lane: 1 | 2 | 3 | 4 | 5 | 6 | 7

- Pool opens at 11pm on Sundays
- FAMILY SWIM 12-5:45P
- LAPS

Pool closes at 8:45p Mondays - Thursday

Pool closes at 7:45p on Friday

KEY: Lap Swim | Water Aerobics | Family Swim | SBY Swim Team | Swim Lessons

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