

SAMENA OUTDOOR POOL

| | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|--------------------------|---------------|--|---------------------------|------------------------|---------------------------|------------------------|--|--------------------------------|--|
| August 31 - September 29 | 5:00 - 10:00 | Adult Lap 5:00 - 10:00 | | | | | Pool Closed | | |
| | | Masters 5:45 - 6:45 | Swim-4-Tri 5:45 - 6:45 | Masters 5:45 - 6:45 | Swim-4-Tri 5:45 - 6:45 | Masters 5:45 - 6:45 | Adult Lap Swim 7:00 - 11:00 | Adult Lap Swim 9:00 - 11:00 | |
| | 10:00 - 12:15 | Pool Closed | | | | | Family Swim + Diving Board Lap Swim 2 Lanes 11:00 - 6:00 Wading Pool* 11:00 - 6:00 *Weather Permitting | | |
| | 12:15 - 1:45 | Lap Swim | | | | | | | |
| | 1:45 - 4:15 | Family Swim + 2 Lap Lanes | | | | | | | |
| | 4:15 - 5:30 | 1 Lap Lane + Pre-Comp 2 Lanes + Swim Team 3 Lanes* | | | | | | | |
| | 5:30 - 7:00 | Family Swim + 1 Lap Lane + Swim Team 3 Lanes* | | | | | | | |
| | 7:00 - 10:00 | Pool Closed / Aquatic Team Programs | | | | | | | |

| | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|----------------------------|---------------|--|---------------------------|------------------------|---------------------------|------------------------|--------------------------------|--------------------------------|--|
| September 30 - December 31 | 5:00 - 10:00 | Adult Lap 5:00 - 10:00 | | | | | Pool Closed | | |
| | | Masters 5:45 - 6:45 | Swim-4-Tri 5:45 - 6:45 | Masters 5:45 - 6:45 | Swim-4-Tri 5:45 - 6:45 | Masters 5:45 - 6:45 | Adult Lap Swim 7:00 - 11:00 | Adult Lap Swim 9:00 - 11:00 | |
| | 10:00 - 12:15 | Pool Closed | | | | | Lap Swim 11:00 - 2:00 | Lap Swim 11:00 - 2:00 | |
| | 12:15 - 2:00 | Lap Swim | | | | | Pool Closed | | |
| | 2:00 - 4:00 | Pool Closed | | | | | | | |
| | 4:00 - 5:30 | 2 Lap Lanes + Pre-Comp 2 Lanes + Swim Team 2 Lanes (4:30 - 5:30) | | | | | | | |
| | 5:30 - 7:00 | 3 Lap Lanes + Swim Team 3 Lanes | | | | | | | |
| | 7:00 - 10:00 | Pool Closed / Aquatic Team Programs | | | | | | | |

ALL SCHEDULES SUBJECT TO CHANGE

For most up to date pool schedule please check www.samena.com
 Lap swim is for anyone who is lap swimming, water walking, or doing vertical exercise.
 Labor Day, 9/2/19, will follow Saturday Schedule
 * Swim Team starts September 16

SAMENA INDOOR POOL

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---------------|---|--|---|--|--|--|--------------------------------|--|
| 5:00 - 9:00 | Adult Lap Swim / Ageless H2O 7:45 - 8:30 M/W/F (3 Lanes) | | | | | Pool Closed | | |
| | | | | | | Adult Lap Swim 7:00 - 10:00 | Adult Lap Swim 9:00 - 11:00 | |
| 9:00 - 11:00 | Family Swim + Lap Swim | Swim Lessons +Family Swim + 1 Lap Lane +Deep H2O 9:15-10:15 | Family Swim + Lap Lane | Swim Lessons +Family Swim + 1 Lap Lane +Deep H2O 9:15-10:15 | Family Swim + Lap Swim | Adult Lessons + Adult Lap 9:00 - 10:00 Lap Swim 10:00 - 11:00 Swim Lessons 10:00 - 12:30 | | |
| 11:00 - 12:00 | Preschool Swim Lessons + Family Swim + 1 Lap Lane | | | | | Family Swim + 2 Lap Lane* 11:00am - 9:00 pm | | |
| 12:00 - 1:00 | Adult Lap Swim | | | | | | | |
| 1:00 - 3:30 | Family Swim + Lap Swim | Swim Lessons +Family Swim + 1 Lap Lane | Family Swim + Lap Swim | Swim Lessons +Family Swim + 1 Lap Lane | Family Swim + Lap Swim +Adaptive Lessons 3:30 - 5:30 | | | |
| 3:30 - 4:00 | Preschool Swim Lessons + Family Swim + 1 Lap Lane | | | | | | | |
| 4:00 - 8:00 | Swim Lessons + Swim Team* +Family Swim + 1 Lap Lane NO LAP 5:30 - 6:15 NO FAMILY 6:15 - 7:00 | Swim Lessons + Swim Team* + Family Swim + 1 Lap Lane NO LAP 5:30 - 6:15 NO FAMILY 6:15 - 7:00 Evening H2O 7:00 - 7:45 | Swim Lessons + Swim Team* +Family Swim + 1 Lap Lane NO FAMILY 5:30 - 6:15 NO LAP 6:15 - 7:00 | Swim Lessons + Swim Team* + Family Swim + 1 Lap Lane NO FAMILY 5:30 - 6:15 NO LAP 6:15 - 7:00 Evening H2O 7:00 - 7:45 | | | | |
| 8:00 - 9:00 | Family Swim + Lap Swim | | | | | | | |
| 9:00 - 10:00 | Adult Lap Swim | | | | | | | |

August 31 - December 31

ALL SCHEDULES SUBJECT TO CHANGE

For most up to date pool schedule please check www.samena.com

Lap swim is for anyone who is lap swimming, water walking, or doing vertical exercise.

Labor Day, 9/2/19, will follow Saturday Schedule

* SUP Yoga in Indoor Pool on Sunday 10/6, 11/3, & 12/1 12:00 - 1:00pm

* Swim Team starts September 16