



LAMADRONA
ATHLETIC CLUB

SPRING POOL

SCHEDULE

APRIL 11TH - MAY 20TH



LAP POOL

MONDAY & THURSDAY

3:00 pm - 5:15 pm Swim Team
(3 Lanes Used)*

TUESDAY & WEDNESDAY

3:30 pm - 5:15 pm Swim Team
(3 Lanes Used)*

*One lane in the lap pool and one lane in the recreation pool will be available for lap swimming during this time.

FRIDAY

3:30pm - 5:00 pm Water Polo

RECREATION POOL

MONDAY - WEDNESDAY - THURSDAY

11:00 am - 12:00 pm Water Aerobics Group
Fitness Class (Small Section of Pool Used)

TUESDAYS

5:15 pm - 6:00 pm Intro to Diving
(1 Lane Used)

WEDNESDAY

1:30 pm - 2:15 pm Intro to Swim Team
(1 Lane Used)

THURSDAY

5:15 pm - 6:00 pm Intro to Swim Team
(1 Lane Used)