

FALL POOL SCHEDULE



LAMADRONA
ATHLETIC CLUB

AUGUST 14TH - SEPTEMBER 24TH



LAP POOL

WEDNESDAY & THURSDAY

3:00 PM-5:15 PM
Swim Team

MONDAY & TUESDAY

3:30 PM-5:15 PM
Swim Team

RECREATION POOL

MONDAY, WEDNESDAY, FRIDAY

11:00am-12:00pm

Water Aerobics Group Fitness Class
(Small Section of Pool Used)

TUESDAY/THURSDAY

5:15pm-6:00pm

Intro to Diving *(1 Lane Used)*

WEDNESDAY

1:45pm-2:30pm

Intro to Swim Team *(1 Lane Used)*