



## Simpkins Family Swim Center

### 2023 Spring Lap Pool Hours as of April 3

Lap Pool temperature 78F. 25yd lap lanes, ~ 70 laps per mile.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am to 7:30pm	8:30am to 1:30pm	6am to 7:30pm	8:30am to 1:30pm	6am to 7:30pm	9 am to 4 pm	9 am to 1pm
<p>“Lap Swimming” is any continuous movement through the water: walking, jogging, or swimming. All lap lanes are shared spaces. Circle-Swimming is required whenever 3 or more swimmers are sharing a lane. Maximum of 5 per lane. Youth lap swimmers under age 12 must be accompanied by an adult and be able to swim 25yds.</p>						

### Pool Admission Fees and Memberships

Admission is required of all individuals entering the facility.

For drop-in fees and membership packages, Please see the reverse side of this paper schedule,

Or if viewing schedule pdf online [please click here](#)

### Water Aerobics Class Schedule

A monthly workout calendar with any changes to the weekly schedule is available on our website.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No class	Erin 12pm-1pm	Karissa 12pm-1pm	Erin 12pm-1pm	Camile 12pm-1pm	Jay 12pm-1pm	Neli 9:15- 10:15am (shallow)

### Adult Fitness Workout Schedule

A monthly workout calendar with any changes to the weekly schedule is available on our website.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No class	6am-7:15am Mike  12pm – 1:30pm QSS Coach*	No class	6am-7:15am Mike  12pm – 1:30pm QSS Coach*	No class	6am-7:15am Mike  12pm – 1:30pm QSS Coach*	9am-10:15am Mike

Pool Schedule is subject to change. To be notified of schedule changes or closures, please check that we have your current email on file- Visit us online at [www.scparks.com](http://www.scparks.com) Email us at [Swimcenter@scparks.com](mailto:Swimcenter@scparks.com)