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GAC LANE SCHEDULE

Monday, March 16, 2026

DIVE WELL 530AM - 8PM

	DW 7	DW 6	DW 5	DW 4	DW 3	DW 2	DW 1
5-530 AM	CLOSED						
530-6 AM							
6-630 AM							
630-7 AM							
7-730 AM							
730-8 AM							
8-830 AM							
830-9 AM							
9-930 AM							
930-10 AM							
10-1030 AM							
1030-11 AM							
11-1130 AM							
1130-12 PM							
12-1230 PM							
1230-1 PM							
1-130 PM							
130-2 PM							
2-230 PM							
230-3 PM							
3-330 PM							
330-4 PM							
4-430 PM	U Air 4-630						
430-5 PM							
5-530 PM							
530-6 PM							
6-630 PM							
630-7 PM	CWP 630-830						
7-730 PM							
730-8 PM							
8-830 PM							
830-9 PM	CLOSED						
9-930 PM							

BACK PATIO

COMPETITION POOL 530AM - 8PM

	C 14	C 13	C 12	C 11	C 10	C 9	C 8	C 7	C 6	C 5	C 4	C 3	C 2	C 1
5-530 AM	BULKHEAD	BULKHEAD					GCY 530-7							
530-6 AM														
6-630 AM														
630-7 AM														
7-730 AM														
730-8 AM														
8-830 AM														
830-9 AM														
9a-1pm														
1-330pm														
330-4pm														
4-430pm														
430-5pm														
5-530pm														
530-6pm			GCY 530-630				GCY 430 - 8pm							
6-630pm														
630-7pm														
7-730pm														
730-8pm														
8-830pm														

	5-530 AM	530-6 AM	6-630 AM	630-7 AM	7-730 AM	730-8am	8-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-330pm	330-4pm	4-430pm	430-5pm	5-530pm	530-6pm	6-630pm	630-7pm	7-730pm	730-8pm	8-830pm
Comp Pool B (Dive Well) 8																						
7																						
6																						
5																						
4																						
3																						
2																						
1																						

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 7PM

	Rec 6	Rec 5	Rec 4	Rec 3	Rec 2	Rec 1
5-530 AM	CLOSED					
530-6 AM						
6-630 AM						
630-7 AM						
7-730 AM						
730-8 AM						
8-830 AM						
830-9 AM						
9-930 AM						
930-10 AM						
10-1030 AM						
1030-11 AM						
11-1130 AM						
1130-12 PM						
12-1230 PM						
1230-1 PM						
1-130 PM						
130-2 PM						
2-230 PM						
230-3 PM						
3-330 PM						
330-4 PM						
4-430 PM						
430-5 PM						
5-530 PM						
530-6 PM						
6-630 PM						
630-7 PM						
7-730 PM						
730-8 PM						
8-830 PM						
830-9 PM						
9-930 PM						

Fitness 745 - 945AM

Family Swim 1-3pm

Connie 130-4pm

GP

Fitness 530-630pm

GAC Lessons

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

745 - 845am
845 - 945am
530 - 630pm

SENIOR OPEN SWIM

9 - 10am

LAP SWIM & WATER WALKING

REC POOL	Lanes
6 - 745am	4
745 - 10am	2
10am - 1pm	4
1 - 130pm	4
130 - 3pm	3
3 - 530pm	4
530 -630pm	1
630 -7pm	4

FAMILY SWIM

1-3pm

TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY

7' Deep	LANES	4' Deep	LANES
530 - 7am	0	530am - 4pm	8
7 - 745am	9	4 - 630pm	1
745 - 9am	11	630 - 7pm	5
9 - 10am	10	7 - 730pm	1
10am - 12pm	11	730 - 8pm	4
12 - 2pm	8		
2 - 4pm	11		
4 - 430pm	9		
430 - 5pm	8		
5 - 530pm	4		
530 - 630pm	2		
630 - 7pm	6		
7 - 730pm	0		
730 - 8pm	5		

SENIOR OPEN SWIM

9:00 AM - 12:00 PM

7' DEPTH

4' DEPTH

DEEP WATER FITNESS

9:00AM - 10:00AM

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 530AM - 8PM

	T 20	T 19	T 18	T 17	T 16	T 15	T 14	T 13	T 12	T 11	T 10	T 9
5-530 AM	CLOSED											
530-6 AM	STAR 530-7am					GAP 530-7am		EACM 530-7am				
6-630 AM												
630-7 AM												
7-730 AM						AE 7 - 745am						
730-8 AM												
8-830 AM												
830-9 AM												
9-930 AM												Fitness
930-10 AM												
10-1030 AM												
1030-11 AM												
11-1130 AM												
1130-12 PM												
12-1230 PM	GCY 12-2											
1230-1 PM												
1-130 PM												
130-2 PM												
2-230 PM												
230-3 PM												
3-330 PM												
330-4 PM												
4-430 PM												
430-5 PM												
5-530 PM						EAC	EAC 5-730				SA 4-730pm	
530-6 PM												
6-630 PM												
630-7 PM												
7-730 PM	Special Olympics 7-8											
730-8 PM												
8-830 PM	CLOSED											
830-9 PM												
9-930 PM												

	5-530 AM	530-6 AM	6-630 AM	630-7 AM	7-730 AM	730-8 AM	8-830 AM	830-9 AM	9-930 AM	930-10 AM	10-1030 AM	1030-11 AM	11-1130 AM	1130-12 PM	12-1230 PM	1230-1 PM	1-130 PM	130-2 PM	2-230 PM	230-3 PM	3-330 PM	330-4 PM	4-430 PM	430-5 PM	5-530 PM	530-6 PM	6-630 PM	630-7 PM	7-730 PM	730-8 PM	8-830 PM	830-9 PM	9-930 PM
T 8	CLOSED																															CLOSED	
T 7																																	
T 6																																	
T 5																																	
T 4																																	
T 3																																	
T 2																																	
T 1																																	

CLOSED

STAR 4-630pm

STAR 4-630pm

TM 630 - 730pm

Special Olympics 7-8

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GAC LANE SCHEDULE

Tuesday, March 17, 2026

DIVE WELL 530AM - 8PM

DW 7, DW 6, DW 5, DW 4, DW 3, DW 2, DW 1

- 5-530 AM: CLOSED
- 8-830 AM – 830-9 AM: Floating Yoga 8-845
- 4-430 PM – 6-630 PM: U Air 4-630
- 6-630 PM – 8-830 PM: TDA 615-745
- 8-830 PM – 9-930 PM: CLOSED

BACK PATIO

COMPETITION POOL 530AM - 8PM

C 14, C 13, C 12, C 11, C 10, C 9, C 8, C 7, C 6, C 5, C 4, C 3, C 2, C 1

- 5-530 AM – 530-6 AM: GCY 530-7
- 530-6 AM – 8-830 AM: EACM 530 - 7am
- 8-830 AM – 9a-1pm: BULKHEAD
- 530-6pm – 8-830pm: GCY 530-630
- 530-6pm – 8-830pm: GCY 430 - 8pm

Comp Pool B (Dive Well): 8, 7, 6, 5, 4, 3, 2, 1

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8am, 8-11am, 11am-12pm, 12-1pm, 1-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 6-630pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

- 5-530 AM – 730-8am: STAR 530 - 730am
- 430-5pm – 8-830pm: GSA 430-6pm
- 730-8pm – 8-830pm: GSA 6-8pm

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 7PM

Rec 6, Rec 5, Rec 4, Rec 3, Rec 2, Rec 1

- 5-530 AM – 6-630 AM: CLOSED
- 6-630 AM – 7-730 AM: Veterans 6 - 7am
- 7-730 AM – 8-830 AM: Fitness 745 - 945AM
- 8-830 AM – 12-1pm: GCS LTS 10am -1pm
- 1-130pm – 3-330pm: Family Swim 1-3pm
- 3-330pm – 4-430pm: Connie & ISRT 130-4pm
- 4-430pm – 6-630pm: GAC Lessons
- 5-530pm – 6-630pm: Fitness 530 -7pm
- 6-630pm – 9-930pm: CLOSED

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

745 - 845am
845 - 945am
530 - 615pm
615-7pm

SENIOR OPEN SWIM

9 - 10am

LAP SWIM & WATER WALKING

REC POOL	Lanes
6 - 7am	2
7 - 745am	4
745 - 10am	2
10am - 1pm	0
1 - 130pm	4
130 - 3pm	2
3 - 330pm	4
330 - 530pm	3
530 - 7pm	1

FAMILY SWIM

1-3pm

TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY

7' Deep	LANES	4' Deep	LANES
530am - 4pm	11	530am - 12pm	8
4 - 430pm	9	12 - 130pm	7
430 - 5pm	6	130 - 4pm	8
5 - 530pm	4	4 - 630pm	1
530 - 630pm	5	630 - 7pm	8
630 - 7pm	3	7 - 8pm	6
7 - 730pm	4		
730 - 8pm	11		

SENIOR OPEN SWIM

9:00 AM - 12:00 PM

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 530AM - 8PM

T 20, T 19, T 18, T 17, T 16, T 15, T 14, T 13, T 12, T 11, T 10, T 9

- 5-530 AM – 9-930 AM: CLOSED
- 4-430 PM – 5-530 PM: EAC-CCA
- 5-530 PM – 8-830 PM: EAC 5-730
- 5-530 PM – 8-830 PM: EAC Adult
- 5-530 PM – 8-830 PM: SA 430 - 730p
- 6-630 PM – 7-730 PM: TM 630-730p
- 8-830 PM – 9-930 PM: CLOSED

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 830-9 PM, 9-930 PM

- 5-530 AM – 9-930 AM: CLOSED
- 4-430 PM – 6-630 PM: STAR 4 - 630pm
- 4-430 PM – 6-630 PM: STAR 4 - 630pm
- 12-1230 PM – 1-130 PM: AF
- 7-730 PM – 8-830 PM: GAP 7-8pm
- 8-830 PM – 9-930 PM: CLOSED

T 8, T 7, T 6, T 5, T 4, T 3, T 2, T 1

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GAC LANE SCHEDULE

Wednesday, March 18, 2026

DIVE WELL 530AM - 8PM

	DW 7	DW 6	DW 5	DW 4	DW 3	DW 2	DW 1
5-530 AM	CLOSED						
530-6 AM							
6-630 AM							
630-7 AM							
7-730 AM				Floating Yoga 7-8			
730-8 AM							
8-830 AM							
830-9 AM							
9-930 AM							
930-10 AM							
10-1030 AM							
1030-11 AM							
11-1130 AM							
1130-12 PM							
12-1230 PM							
1230-1 PM							
1-130 PM							
130-2 PM	UNC 130-4						
2-230 PM							
230-3 PM							
3-330 PM							
330-4 PM							
4-430 PM	TDA 4-530						
430-5 PM							
5-530 PM							
530-6 PM							
6-630 PM	CWP 6-830						
630-7 PM							
7-730 PM							
730-8 PM							
8-830 PM	CLOSED						
830-9 PM							
9-930 PM							

BACK PATIO

COMPETITION POOL 530AM - 8PM

	C 14	C 13	C 12	C 11	C 10	C 9	C 8	C 7	C 6	C 5	C 4	C 3	C 2	C 1
5-530 AM	BULKHEAD	BULKHEAD					GCY 530-7							
530-6 AM														
6-630 AM														
630-7 AM														
7-730 AM														
730-8 AM														
8-830 AM														
830-9 AM														
9a-1pm														
1-330pm														
330-4pm														
4-430pm														
430-5pm														
5-530pm														
530-6pm			GCY 530-630				GCY 430 - 8pm							
6-630pm														
630-7pm														
7-730pm														
730-8pm														
8-830pm														

Comp Pool B (Dive Well)	5-530 AM	530-6 AM	6-630 AM	630-7 AM	7-730 AM	730-8am	8-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-330pm	330-4pm	4-430pm	430-5pm	5-530pm	530-6pm	6-630pm	630-7pm	7-730pm	730-8pm	8-830pm
8																						
7																						
6																						
5																						
4																						
3																						
2																						
1																						

GSA 430-6pm

GSA 6-8pm

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 7PM

	Rec 6	Rec 5	Rec 4	Rec 3	Rec 2	Rec 1
5-530 AM	CLOSED					
530-6 AM						
6-630 AM						
630-7 AM						
7-730 AM						
730-8 AM						
8-830 AM			Fitness 745 - 945AM			
830-9 AM						
9-930 AM						
930-10 AM						
10-1030 AM						
1030-11 AM						
11-1130 AM						
1130-12 PM						
12-1230 PM						
1230-1 PM						
1-130 PM						
130-2 PM	GCS LTS 10am -1pm					GP
2-230 PM						
230-3 PM						
3-330 PM						
330-4 PM						
4-430 PM			Family Swim 1-3pm		Connie & ISRT 130-4pm	
430-5 PM						
5-530 PM						
530-6 PM						GP
6-630 PM	Fitness 530-630pm			GAC Lessons		
630-7 PM						
7-730 PM						
730-8 PM						
8-830 PM	CLOSED					
830-9 PM						
9-930 PM						

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

745 - 845am
845 - 945am
530 - 630pm

SENIOR OPEN SWIM

9 - 10am

LAP SWIM & WATER WALKING

REC POOL	Lanes
6 - 745am	4
745 - 10am	2
10am - 1pm	0
1 - 130pm	4
130 - 3pm	2
3 - 530pm	4
530 -630pm	1
630 -7pm	4

FAMILY SWIM

1-3pm

TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY

7' Deep	LANES	4' Deep	LANES
530 - 7am	0	530am - 4pm	8
7 - 745am	9	4 - 630pm	1
745am - 12pm	11	630 - 8pm	8
12 - 2pm	8		
2 - 4pm	11		
4 - 430pm	10		
430 - 5pm	7		
5 - 530pm	4		
530 - 730pm	6		
730 - 8pm	11		

SENIOR OPEN SWIM

9:00 AM - 12:00 PM

7' DEPTH

4' DEPTH

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 530AM - 8PM

	T 20	T 19	T 18	T 17	T 16	T 15	T 14	T 13	T 12	T 11	T 10	T 9
5-530 AM	CLOSED											
530-6 AM	STAR 530-7am					GAP 530-7am			EACM 530-7am			
6-630 AM												
630-7 AM												
7-730 AM						AE 7 - 745am						
730-8 AM												
8-830 AM												
830-9 AM												
9-930 AM												
930-10 AM												
10-1030 AM												
1030-11 AM												
11-1130 AM												
1130-12 PM												
12-1230 PM	GCY 12-2											
1230-1 PM												
1-130 PM												
130-2 PM												
2-230 PM												
230-3 PM												
3-330 PM												
330-4 PM												
4-430 PM												
430-5 PM							EAC	EAC-CCA				
5-530 PM												
530-6 PM	SA 430 - 730pm								EAC 5-730			
6-630 PM												
630-7 PM												
7-730 PM												
730-8 PM												
8-830 PM	CLOSED											
830-9 PM												
9-930 PM												

	5-530 AM	530-6 AM	6-630 AM	630-7 AM	7-730 AM	730-8 AM	8-830 AM	830-9 AM	9-930 AM	930-10 AM	10-1030 AM	1030-11 AM	11-1130 AM	1130-12 PM	12-1230 PM	1230-1 PM	1-130 PM	130-2 PM	2-230 PM	230-3 PM	3-330 PM	330-4 PM	4-430 PM	430-5 PM	5-530 PM	530-6 PM	6-630 PM	630-7 PM	7-730 PM	730-8 PM	830-9 PM	9-930 PM
T 8	CLOSED																						STAR 4 - 630pm								CLOSED	
T 7																																
T 6																																
T 5																																
T 4																							STAR 4 - 630pm									
T 3																																
T 2																																
T 1																																

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GAC LANE SCHEDULE

Thursday, March 19, 2026

DIVE WELL 530AM - 8PM

DW 7, DW 6, DW 5, DW 4, DW 3, DW 2, DW 1

5-530 AM: CLOSED

530-6 AM
6-630 AM
630-7 AM
7-730 AM
730-8 AM
8-830 AM
830-9 AM
9-930 AM
930-10 AM
10-1030 AM
1030-11 AM
11-1130 AM
1130-12 PM
12-1230 PM
1230-1 PM
1-130 PM
130-2 PM
2-230 PM
230-3 PM
3-330 PM
330-4 PM
4-430 PM
430-5 PM
5-530 PM
530-6 PM
6-630 PM
630-7 PM
7-730 PM
730-8 PM
8-830 PM
830-9 PM
9-930 PM

U Air 4-630

TDA 615-745

CLOSED

BACK PATIO

COMPETITION POOL 530AM - 8PM

C 14, C 13, C 12, C 11, C 10, C 9, C 8, C 7, C 6, C 5, C 4, C 3, C 2, C 1

5-530 AM
530-6 AM
6-630 AM
630-7 AM
7-730 AM
730-8 AM
8-830 AM
830-9 AM
9a-1pm
1-330pm
330-4pm
4-430pm
430-5pm
5-530pm
530-6pm
6-630pm
630-7pm
7-730pm
730-8pm
8-830pm

BULKHEAD

BULKHEAD

GCY 530-7

EACM 530 - 7am

GCY 530-630

GCY 430 - 8pm

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8am, 8-11am, 11am-12pm, 12-1pm, 1-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 530-6pm, 630-7pm, 730-8pm, 8-830pm

Comp Pool B (Dive Well): 8, 7, 6, 5, 4, 3, 2, 1

STAR 530 - 730am

GSA 430-6pm

GSA 6-8pm

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 7PM

Rec 6, Rec 5, Rec 4, Rec 3, Rec 2, Rec 1

CLOSED

Veterans 6 - 7am

Fitness 745 - 945AM

GCS LTS 10am -1pm

Family Swim 1-3pm

Connie & ISRT 130-4pm

GAC Lessons

Fitness 530 -7pm

CLOSED

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

745 - 845am
845 - 945am
530 - 615pm
615-7pm

SENIOR OPEN SWIM

9 - 10am

LAP SWIM & WATER WALKING

REC POOL	Lanes
6 - 7am	2
7 - 745am	4
745 - 10am	2
10am - 1pm	0
1 - 130pm	4
130 - 3pm	2
3 - 330pm	4
330 - 530pm	3
530 - 7pm	1

FAMILY SWIM

1-3pm

TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY

7' Deep	LANES	4' Deep	LANES
530 - 9am	11	530am - 12pm	8
9 - 10am	10	12 - 130pm	7
10am - 4pm	11	130 - 4pm	8
4 - 5pm	9	4 - 630pm	1
5 - 630pm	7	630 - 7pm	8
630 - 730pm	4	7 - 8pm	6
730 - 8pm	11		

SENIOR OPEN SWIM

9:00 AM - 12:00 PM

7' DEPTH

4' DEPTH

DEEP WATER FITNESS

9:00AM - 10:00AM

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 530AM - 8PM

T 20, T 19, T 18, T 17, T 16, T 15, T 14, T 13, T 12, T 11, T 10, T 9

5-530 AM: CLOSED

530-6 AM
6-630 AM
630-7 AM
7-730 AM
730-8 AM
8-830 AM
830-9 AM
9-930 AM
930-10 AM
10-1030 AM
1030-11 AM
11-1130 AM
1130-12 PM
12-1230 PM
1230-1 PM
1-130 PM
130-2 PM
2-230 PM
230-3 PM
3-330 PM
330-4 PM
4-430 PM
430-5 PM
5-530 PM
530-6 PM
6-630 PM
630-7 PM
7-730 PM
730-8 PM
8-830 PM
830-9 PM
9-930 PM

Fitness

EAC-CCA

EAC

EAC 5 -730pm

ADULT

TM 630-730p

CLOSED

5-530 AM, 12:00 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 8-830 PM, 830-9 PM, 9-930 PM

CLOSED

STAR 4 - 630pm

STAR 4 - 630pm

AF

GAP 7-8pm

CLOSED

T 8, T 7, T 6, T 5, T 4, T 3, T 2, T 1

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GAC LANE SCHEDULE

Friday, March 20, 2026

DIVE WELL 530AM - 8PM

DW 7, DW 6, DW 5, DW 4, DW 3, DW 2, DW 1

5-530 AM: CLOSED
530-6 AM
6-630 AM
630-7 AM
7-730 AM
730-8 AM
8-830 AM
830-9 AM
9-930 AM
930-10 AM
10-1030 AM
1030-11 AM
11-1130 AM
1130-12 PM
12-1230 PM
1230-1 PM
1-130 PM
130-2 PM
2-230 PM
230-3 PM
3-330 PM
330-4 PM
4-430 PM
430-5 PM
5-530 PM
530-6 PM
6-630 PM
630-7 PM
7-730 PM
730-8 PM
8-830 PM
830-9 PM
9-930 PM: CLOSED

BACK PATIO

COMPETITION POOL 530AM - 8PM

C 14, C 13, C 12, C 11, C 10, C 9, C 8, C 7, C 6, C 5, C 4, C 3, C 2, C 1

5-530 AM
530-6 AM
6-630 AM
630-7 AM
7-730 AM
730-8 AM
8-830 AM
830-9 AM
9a-1pm
1-330pm
330-4pm
4-430pm
430-5pm
5-530pm
530-6pm
6-630pm
630-7pm
7-730pm
730-8pm
8-830pm

BULKHEAD | BULKHEAD

GCY 530-7

During Meet WU 430-EOS

Comp Pool B (Dive Well): 8, 7, 6, 5, 4, 3, 2, 1

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8am, 8-11am, 11am-12pm, 12-1pm, 1-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 6-630pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

Meet Warm Up 430-515

STAR Tarheel States 530-730

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 7PM

Rec 6, Rec 5, Rec 4, Rec 3, Rec 2, Rec 1

CLOSED

Fitness 745 - 930AM

GCS LTS 10am -1pm

GP

GP

Family Swim 1-3pm

ISK1 130-

Adaptive Lessons 3-620pm

CLOSED

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

745 - 845am
845 - 930am

SENIOR OPEN SWIM

9 - 10am

LAP SWIM & WATER WALKING

REC POOL	Lanes
6 - 730am	4
745 - 930am	2
930 -10am	4
10am - 1pm	0
1 - 130pm	4
130 - 2pm	3
2 - 3pm	2
3 - 620pm	0

FAMILY SWIM

1-3pm

TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY

7' Deep	LANES	4' Deep	LANES
530 - 6am	5	530am - 4pm	8
6 - 7am	7	4 - 530pm	7
7 - 12pm	11	530 - 7pm	4
12 - 1pm	8	7 - 8pm	8
1 - 4pm	11		
4 - 430pm	7		
430 - 6pm	3		
6 - 630pm	7		
630 - 8pm	11		

SENIOR OPEN SWIM

9:00 AM - 12:00 PM

7' DEPTH

4' DEPTH

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 530AM - 8PM

T 20, T 19, T 18, T 17, T 16, T 15, T 14, T 13, T 12, T 11, T 10, T 9

5-530 AM: CLOSED
530-6 AM
6-630 AM
630-7 AM
7-730 AM
730-8 AM
8-830 AM
830-9 AM
9-930 AM
930-10 AM
10-1030 AM
1030-11 AM
11-1130 AM
1130-12 PM
12-1230 PM
1230-1 PM
1-130 PM
130-2 PM
2-230 PM
230-3 PM
3-330 PM
330-4 PM
4-430 PM
430-5 PM
5-530 PM
530-6 PM
6-630 PM
630-7 PM
7-730 PM
730-8 PM
8-830 PM
830-9 PM
9-930 PM: CLOSED

STAR 6 - 7am

GAP 530 - 7am

EACM 530 -7am

GCY 12-1

STAR 4 - 630pm

GCY 430-6

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 8-830 PM, 830-9 PM, 9-930 PM

CLOSED

STAR

GSA 530 - 7

CLOSED

T 8, T 7, T 6, T 5, T 4, T 3, T 2, T 1

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GAC LANE SCHEDULE

Saturday, March 21, 2026

DIVE WELL 530AM - 8PM

DW 7, DW 6, DW 5, DW 4, DW 3, DW 2, DW 1

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM: CLOSED

7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM: UNC 9-11

11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 8-830 PM, 830-9 PM, 9-930 PM: CLOSED

BACK PATIO

COMPETITION POOL 530AM - 8PM

C 14, C 13, C 12, C 11, C 10, C 9, C 8, C 7, C 6, C 5, C 4, C 3, C 2, C 1

7-8am, 8-9am, 9- 930am, 930-10am, 10 - 11am, 11-12pm, 12--1pm, 1-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 6-630pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

BULKHEAD BULKHEAD

Meet Warm Up 7am - EOS

7-730am, 730-8am, 8-9am, 9-10am, 10 - 1030am, 1030-11am, 11-1130am, 1130-12pm, 12--1pm, 1-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 6-630pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

Comp Pool B (Dive Well): 8, 7, 6, 5, 4, 3, 2, 1

- Meet Warm Up 7 - 815
- STAR Tarheel States 830 - EOS
- Meet Warm Up 1130 - 1215
- STAR Tarheel States 1230 - 315
- Meet Warm Up 430 - 515
- STAR Tarheel States 530 - 7

CONNECTOR LOBBY & ENTRANCE

REC POOL 7AM - 3PM

Rec 6, Rec 5, Rec 4, Rec 3, Rec 2, Rec 1

CLOSED

Fitness 915-1045am

GAC Lessons 815am -1pm

Family Swim 1-3pm

CLOSED

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

915 - 10am
10 -1045am

SENIOR OPEN SWIM

LAP SWIM & WATER WALKING

REC POOL	Lanes
7 - 815am	4
815 - 915am	3
915 - 1045am	1
1045am - 1pm	3
1 - 3pm	4

FAMILY SWIM

1-3pm

TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY

7' Deep	LANES	4' Deep	LANES
7 - 8am	3	7 - 9am	3
8 - 11am	11	9 - 11am	8
11 - 2pm	9	11am - 1230pm	6
2 - 5pm	11	1230 - 1pm	8
		1 - 130pm	7
		130 - 2pm	5
		2 - 230pm	2
		230 - 3pm	5
		3 - 5pm	8

SENIOR OPEN SWIM

7' DEPTH

4' DEPTH

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

T 20, T 19, T 18, T 17, T 16, T 15, T 14, T 13, T 12, T 11, T 10, T 9

5-530 AM, 530-6 AM, 6-630 AM: CLOSED

630-7 AM, 7-730 AM, 730-8 AM: GCY 630-8

8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM: GAC Waves

2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 8-830 PM, 830-9 PM, 9-930 PM: CLOSED

TRAINING POOL 7AM - 5PM

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 830-9 PM, 9-930 PM

T 8, T 7, T 6, T 5, T 4, T 3, T 2, T 1

CLOSED

GAP 11-1230

GAC Lesson

GSA 7-9

TASA 2-3

GAC PRI

CLOSED

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GAC LANE SCHEDULE

Sunday, March 22, 2026

DIVE WELL 530AM - 8PM

DW 7, DW 6, DW 5, DW 4, DW 3, DW 2, DW 1

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 8-830 PM, 830-9 PM, 9-930 PM

CLOSED

BACK PATIO

COMPETITION POOL 530AM - 8PM

C 14, C 13, C 12, C 11, C 10, C 9, C 8, C 7, C 6, C 5, C 4, C 3, C 2, C 1

7-8am, 8-9am, 9- 930am, 930-10am, 10 - 11am, 11-12pm, 12--1pm, 1-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 6-630pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

BULKHEAD BULKHEAD

Meet Warm Up 7am - EOS

7-730am, 730-8am, 8-9am, 9-10am, 10 - 1030am, 1030-11am, 11-1130am, 1130-12pm, 12--1pm, 1-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 6-630pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

Comp Pool B (Dive Well): 8, 7, 6, 5, 4, 3, 2, 1

Meet Warm Up 7 - 815

STAR Tarheel States 830 - EOS

Meet Warm Up 1130 - 1215

STAR Tarheel States 1230 - 315

Meet Warm Up 4 - 445

STAR Tarheel States 5 - 645

CONNECTOR LOBBY & ENTRANCE

REC POOL 10PM - 5PM

Rec 6, Rec 5, Rec 4, Rec 3, Rec 2, Rec 1

CLOSED

Family Swim 12-3:30pm

CLOSED

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

SENIOR OPEN SWIM

LAP SWIM & WATER WALKING

REC POOL	Lanes
10am - 5pm	3

FAMILY SWIM

10am - 5pm

TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY

7' Deep	LANES	4' Deep	LANES
10am - 130pm	11	10am - 5pm	8
130 - 215pm	7		
215 - 5pm	11		

SENIOR OPEN SWIM

7' DEPTH

4' DEPTH

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 7AM - 5PM

T 20, T 19, T 18, T 17, T 16, T 15, T 14, T 13, T 12, T 11, T 10, T 9

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 8-830 PM, 830-9 PM, 9-930 PM

CLOSED

Yoga 130-215

CLOSED

5-530 AM, 530-6 AM, 6-630 AM, 630-7 AM, 7-730 AM, 730-8 AM, 8-830 AM, 830-9 AM, 9-930 AM, 930-10 AM, 10-1030 AM, 1030-11 AM, 11-1130 AM, 1130-12 PM, 12-1230 PM, 1230-1 PM, 1-130 PM, 130-2 PM, 2-230 PM, 230-3 PM, 3-330 PM, 330-4 PM, 4-430 PM, 430-5 PM, 5-530 PM, 530-6 PM, 6-630 PM, 630-7 PM, 7-730 PM, 730-8 PM, 8-830 PM, 830-9 PM, 9-930 PM

CLOSED

CLOSED

T 8, T 7, T 6, T 5, T 4, T 3, T 2, T 1