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GAC LANE SCHEDULE

Monday, August 3, 2026

DIVE WELL 6AM - 7PM

	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						Deep W. Fitness	
930-10 AM							
10-1030 AM							
1030-11 AM	U Air 1030-1						
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	CLOSED						
730-8 PM							
8-830 PM							
830-9 PM							
9-930 PM							

BACK PATIO

COMPETITION POOL 6AM - 7PM

	5-6am	6-630am	630-7am	7-730am	730-8am	8-9am	9-10am	10-11am	11am-12pm	12-1230pm	1230-1pm	1-2pm	2-3pm	3-4pm	4-430pm	430-5pm	5-530pm	530-6pm	6-630pm	630-7pm	7-730pm	730-8pm	8-830pm
LANE 8	CLOSED																				CLOSED		
LANE 7																							
LANE 6																							
LANE 5																							
LANE 4																							
LANE 3																			Triad Masters 6-7				
LANE 2		GAP 6-730		AE 730-815				GSA 10-12		GCY 12-1													
LANE 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		G P	Fitness 745 - 945AM			
930-10 AM						
10-1030 AM						
1030-11 AM						
11-1130 AM				GAC Lessons 11-12		GP 10-12
1130-12 PM						
12-1230 PM						
1230-1 PM						
1-130 PM					Family Swim 1-3pm	
130-2 PM						
2-230 PM						
230-3 PM						
3-330 PM						
330-4 PM						
4-430 PM						
430-5 PM				GAC Lessons 4-615pm		
5-530 PM						
530-6 PM	Fitness 530-630pm					
6-630 PM						
630-7 PM						
7-730 PM	CLOSED					
730-8 PM						
8-830 PM						
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 - 9am	2
9 - 10am	1
10 - 11am	4
11am - 12pm	3
12 - 4pm	4
4pm - 530pm	3
530 - 615pm	1
615 - 7pm	4

FAMILY SWIM

1-3pm

COMP POOL LAP SWIM ADULT ONLY

50 meters	LANES
6 - 815am	6
815am - 6pm	8
6 - 7pm	6

SENIOR OPEN SWIM

9AM - 12PM

DEEP WATER FITNESS

9AM - 10AM

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

Pool is Long Course

	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	Pool is Long Course											
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												

TRAINING POOL CLOSED

25 m lanes by locker rooms

	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
S1																																
S2																																
T 8	CLOSED																															
T 7																																
T 6																																
T 5																																
T 4																																
T 3																																
T 2																																
T 1																																

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GAC LANE SCHEDULE

Tuesday, August 4, 2026

DIVE WELL 6AM - 7PM

	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				Floating Yoga 845-930			
9-930 AM							
930-10 AM							
10-1030 AM							
1030-11 AM	U Air 1030-1						
11-1130 AM							
1130-12 PM							
12-1230 PM							
1230-1 PM							
1-130 PM	UNC 1-330						
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	CLOSED						
730-8 PM							
8-830 PM							
830-9 PM							
9-930 PM							

BACK PATIO

COMPETITION POOL 6AM - 7PM

	5-6am	6-630am	630-7am	7-730am	730-8am	8-9am	9-10am	10-11am	11am-12pm	12-1230pm	1230-1pm	1-2pm	2-3pm	3-4pm	4-430pm	430-5pm	5-530pm	530-6pm	6-630pm	630-7pm	7-730pm	730-8pm	8-830pm
LANE 8	CLOSED																				CLOSED		
LANE 7				GSA 7-9										GSA 3-430									
LANE 6																							
LANE 5																							
LANE 4																			Triad Masters 6-7				
LANE 3		ONSAM 6-730																					
LANE 2															Waves 4-5	A.Adv 5-6			GAP 6-7				
LANE 1																							

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 - 930AM			
				GAC Lessons 815am-12pm		
					Family Swim 1-3pm	
				GAC Lessons 315-730pm		
	Fitness 530 -7pm			TASA 6-7pm		
	CLOSED					

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

745 - 830am
830 - 930am
530 - 615pm
615-7pm

SENIOR OPEN SWIM

9 - 10am

LAP SWIM & WATER WALKING

REC POOL	Lanes
6 - 7am	2
7 - 745am	4
745 - 9:30am	2
930am - 12pm	3
12 - 3:15pm	4
315-430pm	3
430 - 530pm	2
530 - 7pm	1

FAMILY SWIM

1-3pm

COMP POOL LAP SWIM ADULT ONLY

50 meters	LANES
6 - 730am	6
730am - 3pm	8
3 - 4pm	7
4 - 430pm	6
430 - 6pm	7
6 - 7pm	5

SENIOR OPEN SWIM

9AM - 12PM

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

Pool is Long Course

	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												

TRAINING POOL

CLOSED

25 m lanes by locker rooms

	S1	S2	T 8	T 7	T 6	T 5	T 4	T 3	T 2	T 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										

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GAC LANE SCHEDULE

Wednesday, August 5, 2026

DIVE WELL 6AM - 7PM

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

5-530 AM – 9-930 PM

- CLOSED
- Floating Yoga 7-745
- UNC 1-330
- CLOSED

BACK PATIO

COMPETITION POOL 6AM - 7PM

5-6am, 6-630am, 630-7am, 7-730am, 730-8am, 8-9am, 9-10am, 10-11am, 11am-12pm, 12-1230pm, 1230-1pm, 1-2pm, 2-3pm, 3-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 6-630pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

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

CLOSED

GSA 7-9

GSA 3-430

GAP 6-730

AE 730-815

GCY 12-1

CLOSED

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 7PM

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

CLOSED

- G P
- Fitness 745 - 945AM
- GP 10-12
- GAC Lessons 11-12
- Summer Group 1215-
- Family Swim 1-3pm
- GAC Lessons 4-615pm
- Fitness 530-630pm

CLOSED

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 - 9am	2
9 - 10am	1
10 - 11am	4
11am - 12pm	3
12 - 1pm	4
1-145pm	2
145 - 530pm	4
530 - 615pm	1
615 - 7pm	4

FAMILY SWIM

1-3pm

COMP POOL LAP SWIM ADULT ONLY

50 meters	LANES
6 - 7am	7
7 - 815am	6
815 - 9am	7
9am - 12pm	8
12 - 1pm	7
1 - 3pm	8
3 - 430pm	7
430 - 7pm	8

SENIOR OPEN SWIM

9AM - 12PM

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 – 9-930 PM

Pool is Long Course

TRAINING POOL

CLOSED

25 m lanes by locker rooms

S1, S2

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

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

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GAC LANE SCHEDULE

Thursday, August 6, 2026

DIVE WELL 6AM - 7PM

	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						Deep W. Fitness	
930-10 AM							
10-1030 AM							
1030-11 AM	U Air 1030-1						
11-1130 AM							
1130-12 PM							
12-1230 PM							
1230-1 PM							
1-130 PM	UNC 1-330						
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	CLOSED						
730-8 PM							
8-830 PM							
830-9 PM							
9-930 PM							

BACK PATIO

COMPETITION POOL 6AM - 7PM

	5-6am	6-630am	630-7am	7-730am	730-8am	8-9am	9-10am	10-11am	11am-12pm	12-1230pm	1230-1pm	1-2pm	2-3pm	3-4pm	4-430pm	430-5pm	5-530pm	530-6pm	6-630pm	630-7pm	7-730pm	730-8pm	8-830pm
LANE 8	CLOSED																				CLOSED		
LANE 7																							
LANE 6																							
LANE 5																							
LANE 4																			Triad Masters 6-7				
LANE 3		ONSAM 6-730																					
LANE 2								GSA 10-12							Waves 4-5	A.Adv 5-6			GAP 6-7				
LANE 1																							

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 - 930AM			
				GAC Lessons 815am-12pm		
					Family Swim 1-3pm	
			GAC Lessons 315-730pm			
	Fitness 530 -7pm		TASA 6-7pm			
	CLOSED					

MAIN ENTRANCE

REC POOL

LAP LANES AND CLASSES ARE ADULT ONLY

WATER FITNESS

745 - 830am
830 - 930am
530 - 615pm
615-7pm

SENIOR OPEN SWIM

9 - 10am

LAP SWIM & WATER WALKING

REC POOL	Lanes
6 - 7am	2
7 - 745am	4
745 - 9:30am	2
930am - 12pm	3
12 - 3:15pm	4
315-430pm	3
430 - 530pm	2
530 - 7pm	1

FAMILY SWIM

1-3pm

COMP POOL LAP SWIM ADULT ONLY

50 meters	LANES
6 - 730am	6
730 - 10am	8
10 - 12pm	7
12 - 4pm	8
4 - 6pm	7
6 - 7pm	5

SENIOR OPEN SWIM

9AM - 12PM

DEEP WATER FITNESS

9AM - 10AM

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL

CLOSED

25 m lanes by locker rooms

	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	Pool is Long Course											
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												

	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
S1	CLOSED																															
S2																																
T 8																																
T 7																																
T 6																																
T 5																																
T 4																																
T 3																																
T 2																																
T 1																																

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GAC LANE SCHEDULE

Friday, August 7, 2026

DIVE WELL 6AM - 7PM

	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						Deep W. Fitness	
1230-1 PM							
1-130 PM	UNC 1-330						
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	CLOSED						
730-8 PM							
8-830 PM							
830-9 PM							
9-930 PM							

BACK PATIO

COMPETITION POOL 6AM - 7PM

	5-6am	6-630am	630-7am	7-730am	730-8am	8-9am	9-10am	10-11am	11am-12pm	12-1230pm	1230-1pm	1-2pm	2-3pm	3-4pm	4-430pm	430-5pm	5-530pm	530-6pm	6-630pm	630-7pm	7-730pm	730-8pm	8-830pm
LANE 8	CLOSED																				CLOSED		
LANE 7		GAP 6-730																					
LANE 6			GSA 7-9											GSA 3-430									
LANE 5																							
LANE 4																							
LANE 3		ONSAM 6-730																					
LANE 2										GCY 12-1													
LANE 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						

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
930am -2pm	4
2 - 3pm	3
3 - 620pm	0

FAMILY SWIM

1-3pm

COMP POOL LAP SWIM ADULT ONLY

50 meters	LANES
6 - 7am	5
7 - 730am	4
730 - 9am	7
9am - 12pm	8
12 - 1pm	7
1 - 3pm	8
3 - 430pm	7
430 - 7pm	8

SENIOR OPEN SWIM

9AM - 12PM

DEEP WATER FITNESS

12PM - 1PM

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

Pool is Long Course

	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	Pool is Long Course											
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												
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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												

TRAINING POOL CLOSED

25 m lanes by locker rooms

	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
S1																																	
S2																																	
T 8	CLOSED																																
T 7																																	
T 6																																	
T 5																																	
T 4																																	
T 3																																	
T 2																																	
T 1																																	

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GAC LANE SCHEDULE

Saturday, August 8, 2026

DIVE WELL 10AM - 5PM

	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	UNC 9-11						
930-10 AM							
10-1030 AM							
1030-11 AM							
11-1130 AM	U Air 11-1						
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	CLOSED						
530-6 PM							
6-630 PM							
630-7 PM							
7-730 PM							
730-8 PM							
8-830 PM							
830-9 PM							
9-930 PM							

BACK PATIO

COMPETITION POOL 10AM - 5PM

	5-7am	7-730am	730-8am	8-830am	830-9am	9-930am	930-10am	10-1030am	1030-11am	11-1130am	1130-12pm	12-1230pm	1230-1pm	1-130pm	130-2pm	2-230pm	230-3pm	3-330pm	330-4pm	430-4pm	430-5pm	5-7pm	7-8pm
LANE 8	CLOSED																					CLOSED	
LANE 7		GSA 7-9																					
LANE 6																							
LANE 5																							
LANE 4																							
LANE 3																							
LANE 2										GAP 11-1230		Waves 1240-240											
LANE 1																							

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 1-5pm		
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 - 5pm	3

FAMILY SWIM

1-5pm

COMP POOL LAP SWIM ADULT ONLY

50 meters	LANES
7 - 9am	7
9 - 11am	8
11am - 240pm	7
240 - 5pm	8

SENIOR OPEN SWIM

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

T 20 – T 9

	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	Pool is Long Course											
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												

TRAINING POOL CLOSED

25 m lanes by locker rooms

	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
S1	CLOSED																																
S2																																	
T 8																																	
T 7																																	
T 6																																	
T 5																																	
T 4																																	
T 3																																	
T 2																																	
T 1																																	

CLOSED

Printed 8/4/2026 11:18 AM

GAC LANE SCHEDULE

Sunday, August 9, 2026

DIVE WELL 10AM - 5PM

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: CLOSED

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: Floating Yoga 130-215

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 10AM - 5PM

5-7am, 7-730am, 730-8am, 8-9am, 9-930am, 930-10am, 10-1030am, 1030-11am, 11am- 1pm, 1-130pm, 130-2pm, 2-3pm, 3-330pm, 330-4pm, 4-430pm, 430-5pm, 5-530pm, 530-6pm, 630-6pm, 630-7pm, 7-730pm, 730-8pm, 8-830pm

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

CLOSED

CONNECTOR LOBBY & ENTRANCE

REC POOL 10PM - 5PM

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

CLOSED

Family Swim 10am - 5pm

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

COMP POOL LAP SWIM ADULT ONLY

50 meters	LANES
10am - 5pm	8

SENIOR OPEN SWIM

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, 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

Pool is Long Course

TRAINING POOL CLOSED

25 m lanes by locker rooms

S1, S2

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

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