

GAC LANE SCHEDULE

Monday, August 10, 2026

DIVE WELL 6AM - 7PM								COMPETITION POOL 6AM - 7PM																		REC POOL 6AM - 7PM						REC POOL					
DW 7 DW 6 DW 5 DW 4 DW 3 DW 2 DW 1								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																		Rec 6 Rec 5 Rec 4 Rec 3 Rec 2 Rec 1						LAP LANES AND CLASSES ARE ADULT ONLY					
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						WATER FITNESS					
CLOSED								GCY 430-7																		CLOSED						745 - 845am 845 - 945am 530 - 630pm					
UNC 1-330								Triad Masters 6-7																		G P						SENIOR DISCOUNT					
U Air 4-630								GAP 6-730 AE 730-815 GCY 12-1 GSA 3-5																		Fitness 745 - 945AM						9am - 12pm					
CLOSED								CLOSED																		GAC Lessons 11-12						LAP SWIM & WATER WALKING					
BACK PATIO								CONNECTOR LOBBY & ENTRANCE																		GAC Lessons 4-615pm						REC POOL Lanes					
T 20 T 19 T 18 T 17 T 16 T 15 T 14 T 13								T 12 T 11 T 10 T 9																		Fitness 530-630pm						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					
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																		CLOSED						FAMILY SWIM 1-3pm					
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								COMP POOL LAP SWIM ADULT ONLY																		SENIOR DISCOUNT 9AM - 12PM DEEP WATER FITNESS 9AM - 10AM						CLASSROOMS Hospitality Classroom 2 Mezzanine					
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						T8 T7 T6 T5 T4 T3 T2 T1					
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																		T8 T7 T6 T5 T4 T3 T2 T1											

DIVE WELL
6AM - 7PM

COMPETITION POOL
6AM - 7PM

REC POOL
6AM - 7PM

BACK PATIO

CONNECTOR LOBBY & ENTRANCE

MAIN ENTRANCE

COMP POOL LAP SWIM ADULT ONLY

TRAINING POOL
CLOSED
25 m lanes by locker rooms

POOL HOURS

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

GAC LANE SCHEDULE

Thursday, August 13, 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								
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	U Air 4-630							
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								

COMPETITION POOL 6AM - 7PM							
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CLOSED							
GSA 3-5	Waves 4-5	ONSAM 6-730				GSA 630-8	5-6am
							6-630am
							630-7am
	GSA 3-5	Waves 4-5					GSA 630-8
730-8am							
8-9am							
GSA 3-5	Waves 4-5					Deep W. Fitness 9-10	9-10am
							10-11am
							11am-12pm
GSA 3-5	Waves 4-5						12-1230pm
							1230-1pm
							1-2pm
GSA 3-5	Waves 4-5						2-3pm
							3-4pm
							4-430pm
GSA 3-5	Waves 4-5						430-5pm
							5-530pm
							530-6pm
GSA 3-5	Waves 4-5						6-630pm
							630-7pm
							7-730pm
GSA 3-5	Waves 4-5						730-8pm
							8-830pm
							CLOSED

CONNECTOR
LOBBY &
ENTRANCE

COMP POOL LAP SWIM

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 4-5pm
	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 DISCOUNT	
9am - 12pm	
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	

[illegible]

COMP POOL LAP SWIM ADULT ONLY	
50 meters	LANES
6 - 8am	5
8 - 9am	8
9 - 10am	6
10am - 3pm	8
3 - 4pm	7
4 - 430pm	6
430 - 5pm	2
5 - 6pm	3
6 - 7pm	1

SENIOR DISCOUNT
9AM - 12PM
DEEP WATER FITNESS
9AM - 10AM

CLASSROOMS
Hospitality
Classroom 2
Mezzanine

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		
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																															T 5		
																															T 4		
																															T 3		
																															T 2		
																															T 1		

GAC LANE SCHEDULE															Saturday, August 15, 2026														
DIVE WELL 10AM - 5PM					COMPETITION POOL 7AM - 5PM															REC POOL 7AM - 3PM					REC POOL				
DW 7 DW 6 DW 5 DW 4 DW 3 DW 2 DW 1					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															Rec 6 Rec 5 Rec 4 Rec 3 Rec 2 Rec 1					LAP LANES AND CLASSES ARE ADULT ONLY				
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					6-630am 630-7am 7-730am 730-8am 8-830am 830-9am 9-930am 930-10am 10-11am 11am-12pm 12-1pm 1-2pm 2-3pm 3-4pm 4-5pm 5-6pm 6-7pm 7-730pm 730-8pm 8-830pm															CLOSED					915 - 10am 10 -1045am				
U Air 11-1					B U L K H E A D															GAC Lessons 815am -1pm					SENIOR DISCOUNT				
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					11am-12pm 12-1pm 1-2pm 2-3pm 3-4pm 4-5pm 5-6pm 6-7pm 7-730pm 730-8pm 8-830pm															Family Swim 1-5pm					LAP SWIM & WATER WALKING				
BACK PATIO					COMP POOL LAP SWIM ADULT ONLY															MAIN ENTRANCE					REC POOL				
T 20 T 19 T 18 T 17 T 16 T 15 T 14 T 13 T 12 T 11 T 10 T 9					25 YARDS LANES															25 m lanes by locker rooms					FAMILY SWIM				
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					7 - 11am 11am - 240pm 240 - 5pm															20 18 20					1-5pm				
Pool is Long Course					CLOSED															CLOSED					CLASSROOMS				
																									Hospitality				
																									Classroom 2				
																									Mezzanine				

