Printed 11/24/2026 9:55 AM

GAC LANE SCHEDULE

Monday, November 30, 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 GCS 5-630
- 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

- 5-530am: CLOSED
- 530-6am: GSA 545-730
- 6-630am
- 6-630am
- 630-7am
- 7-730am
- 730-8am
- 8-830am: BULKHEAD
- 830-9am
- 9a-1pm
- 1-330pm
- 330-4pm: CCA(m) 330-430
- 4-430pm: CA 430-6 / CA 5-6
- 430-5pm: ONSA 430-730 / GCY 430-8
- 5-530pm
- 530-6pm
- 6-630pm
- 630-7pm
- 7-730pm
- 730-8pm
- 8-830pm: CLOSED

5-530am | 530-6am | 6-630am | 630-7am | 7-730am | 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

- CLOSED
- GAP 530-7 / STAR 530-7
- GSA 430-6
- GSA 6-8
- CLOSED

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 7PM

Rec 6 | Rec 5 | Rec 4 | Rec 3 | Rec 2 | Rec 1

- CLOSED
- Fitness 745 - 945AM
- GP
- GCS LTS 10am -1pm
- Fitness 530-630pm
- GAC Lessons 4-640pm
- 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
10am - 1pm	0
1-4pm	4
4pm - 530pm	3
530 - 640pm	1
640 - 7pm	4

FAMILY SWIM

1-3pm

TRAINING POOL LAP SWIM ADULT ONLY

25 YARDS	LANES
6 - 630am	18
630 - 7am	10
7 - 730am	8
730am - 330pm	19
330 - 4pm	11
4 - 430pm	7
430 - 630pm	2
630 - 7pm	9
7 - 730pm	2
730 - 8pm	4

SENIOR DISCOUNT

9AM - 12PM

DEEP WATER FITNESS

9AM - 10AM

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: CLOSED
- 530-6 AM
- 6-630 AM: Grimsley 6-730
- 630-7 AM
- 7-730 AM: AE 7-745
- 730-8 AM
- 8-830 AM
- 830-9 AM
- 9-930 AM: Deep W. Fitness
- 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: GDS 4-530
- 430-5 PM: GSA 430-6 / Cameron
- 5-530 PM: SAQ 330-730
- 530-6 PM: RA 530-630
- 6-630 PM: CCA(h) 6-7
- 630-7 PM
- 7-730 PM: Special Olympics 7-8
- 730-8 PM
- 8-830 PM
- 830-9 PM
- 9-930 PM: CLOSED

SHORT LANE (20 YRD)

TRAINING POOL 530AM - 8PM

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
- ONSA 5-630
- SO 7-8
- STAR 4-530
- STAR 530-630
- SEHS 630-730
- TM 630-730
- NGHS 730-830
- CLOSED
- SAQ
- GC
- Privates

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

Printed 11/24/2026 9:55 AM

GAC LANE SCHEDULE

Tuesday, December 1, 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
6-630 PM
630-7 PM
7-730 PM
730-8 PM
8-830 PM
830-9 PM
9-930 PM

UNC 130-4

U Air 4-630
GCS 5-630

TDA 615-730

During Meet W/U 545-EOS

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

5-530am CLOSED
530-6am
6-630am
630-7am
7-730am
730-8am
8-830am
830-9am
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

Phoenix 4-5
ONSA 4-730
CA 5-6
CA 430-6
GCY 430-8
W/U 545-EOS

CLOSED

5-530am | 530-6am | 6-630am | 630-7am | 7-730am | 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

CLOSED

Meet Warm Up 5-545pm

Northern Guilford Meet 6-9pm

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

Fitnes s 530 - 7pm

GAC Lessons 330-730p

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 - 945am	2
945 - 10am	4
10am-1pm	0
1 - 530pm	4
330-530pm	3
530 - 7pm	1

FAMILY SWIM

1-3pm

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

STAR 530-730

ONSAM 530-7

SHORT LANE (20 YRD)

SAQ 4-730

GSA 4-6

A.Adv

GAP

GSA 6-8

ONSA 5-630

CLOSED

TRAINING POOL LAP SWIM ADULT ONLY

25 YARDS	LANES
530 - 7am	11
7 - 730am	15
730am - 4pm	19
4 - 430pm	9
430 - 530pm	1
530 - 630pm	2
630 - 730pm	1
730 - 8pm	10

SENIOR DISCOUNT

9AM - 12PM

DEEP WATER FITNESS

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 530AM - 8PM

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 | 1130-12 PM | 12-1230 PM | 1230-1 PM | 1-130 PM | 130-2 PM | 230-3 PM | 330-4 PM | 430-5 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

Privates | Ad.F

STAR 4-530

STAR 530-630

TM 630-730

Page 630-730

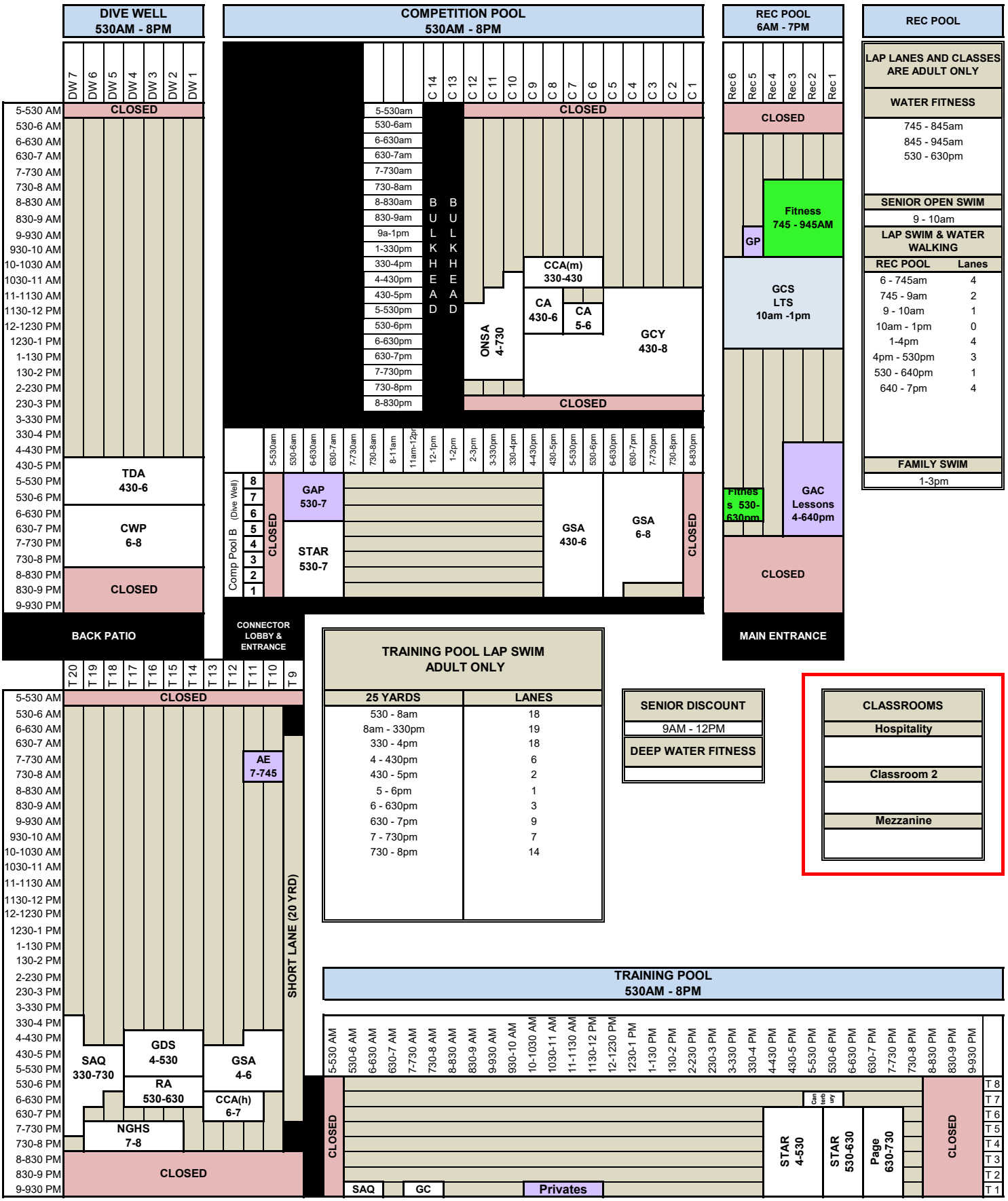
CLOSED

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

Printed 11/24/2026 9:55 AM

GAC LANE SCHEDULE

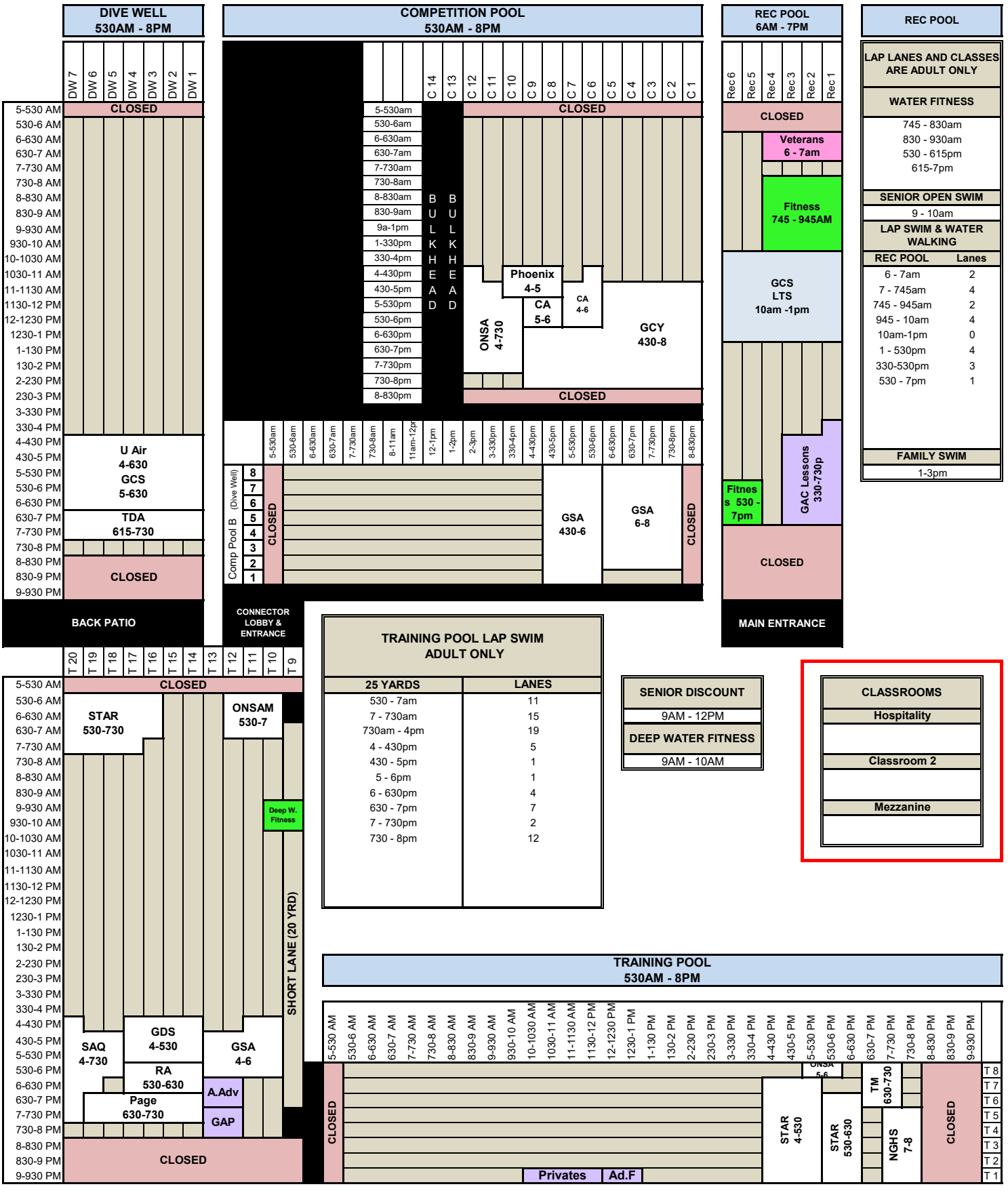
Wednesday, December 2, 2026



Printed 11/24/2026 9:55 AM

GAC LANE SCHEDULE

Thursday, December 3, 2026



Printed 11/24/2026 9:55 AM

GAC LANE SCHEDULE

Friday, December 4, 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	TDA 445-715						
5-530 PM							
530-6 PM							
6-630 PM							
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
5-530am	BULKHEAD	BULKHEAD	CLOSED											
530-6am			ONSAM 530-7			CCA			GSA 545-730					
6-630am														
630-7am														
7-730am														
730-8am														
8-830am			During Meet WU 515-EOS											
830-9am														
9a-1pm														
1-330pm														
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)	5-530am	530-6am	6-630am	630-7am	7-730am	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	730-8pm	8-830pm
8	CLOSED		SEHS 6-7												Warm Up 430-515	TYDE Winter Invite 530-EOS					
7																					
6																					
5																					
4																					
3																					
2			STAR 530-730																		
1																					

CONNECTOR LOBBY & ENTRANCE

REC POOL 6AM - 620PM

	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						

5-530 PM	GCS LTS 10am -1pm					
530-6 PM						
6-630 PM						
630-7 PM						
7-730 PM						
730-8 PM				GP 2-3	Family Swim 1-3pm	
8-830 PM	Adaptive Lessons 3-620pm					
830-9 PM						
9-930 PM	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
1-2pm	4
2 - 3pm	3
3 - 620pm	0

FAMILY SWIM

1-3pm

	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									GAP 530-7			
6-630 AM	Grimsley 6-730											
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												
130-2 PM												
2-230 PM												
230-3 PM												
3-330 PM												
330-4 PM												
4-430 PM												
430-5 PM	SAQ 430-730			GSA 430-6								
5-530 PM												
530-6 PM												
6-630 PM												
630-7 PM												
7-730 PM												
730-8 PM												
8-830 PM												
830-9 PM	CLOSED											
9-930 PM												

SHORT LANE (20 YRD)

TRAINING POOL LAP SWIM ADULT ONLY

25 YARDS	LANES
530 - 6am	16
6 - 7am	8
7 - 730am	11
730am - 430pm	19
430 -530pm	2
530 - 6pm	3
6 - 630pm	12
630 - 730pm	18
730 - 8pm	19

SENIOR DISCOUNT

9AM - 12PM

DEEP WATER FITNESS

12PM - 1PM

CLASSROOMS

Hospitality

Classroom 2

Mezzanine

TRAINING POOL 530AM - 8PM

	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 4-630

Privates

Printed 11/24/2026 9:55 AM

GAC LANE SCHEDULE

Saturday, December 5, 2026

DIVE WELL 7AM - 5PM

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

- 5-530 AM: CLOSED
- 530-6 AM: CLOSED
- 6-630 AM: CLOSED
- 630-7 AM: CLOSED
- 7-730 AM: CLOSED
- 730-8 AM: CLOSED
- 8-830 AM: CLOSED
- 830-9 AM: During Meet Warm Up 830-1030
- 9-930 AM: During Meet Warm Up 830-1030
- 930-10 AM: During Meet Warm Up 830-1030
- 10-1030 AM: During Meet Warm Up 830-1030
- 1030-11 AM: During Meet Warm Up 830-1030
- 11-1130 AM: U Air/ GCS 11-1
- 1130-12 PM: U Air/ GCS 11-1
- 12-1230 PM: U Air/ GCS 11-1
- 1230-1 PM: U Air/ GCS 11-1
- 1-130 PM: U Air/ GCS 11-1
- 130-2 PM: U Air/ GCS 11-1
- 2-230 PM: U Air/ GCS 11-1
- 230-3 PM: TDA 245-445
- 3-330 PM: TDA 245-445
- 330-4 PM: TDA 245-445
- 4-430 PM: TDA 245-445
- 430-5 PM: TDA 245-445
- 5-530 PM: CLOSED
- 530-6 PM: CLOSED
- 6-630 PM: CLOSED
- 630-7 PM: CLOSED
- 7-730 PM: CLOSED
- 730-8 PM: CLOSED
- 8-830 PM: CLOSED
- 830-9 PM: CLOSED
- 9-930 PM: CLOSED

BACK PATIO

COMPETITION POOL 630AM - 830PM

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: Warm Up 7-830
- 8-9am: Warm Up 7-830
- 9-10am: Warm Up 7-830
- 10-11am: TYDE Winter Invite 845-EOS
- 11-1130am: TYDE Winter Invite 845-EOS
- 1130-12pm: TYDE Winter Invite 845-EOS
- 12-1pm: TYDE Winter Invite 845-EOS
- 1-2pm: TYDE Winter Invite 845-EOS
- 2-3pm: TYDE Winter Invite 845-EOS
- 3-30pm: TYDE Winter Invite 845-EOS
- 330-4pm: TYDE Winter Invite 845-EOS
- 4-430pm: TYDE Winter Invite 845-EOS
- 430-5pm: TYDE Winter Invite 845-EOS
- 5-530pm: TYDE Winter Invite 845-EOS
- 530-6pm: TYDE Winter Invite 845-EOS
- 6-630pm: TYDE Winter Invite 845-EOS
- 630-7pm: TYDE Winter Invite 845-EOS
- 730-8pm: TYDE Winter Invite 845-EOS
- 8-830pm: TYDE Winter Invite 845-EOS

BULKHEAD | BULKHEAD

During Meet Warm Up 1-EOS

During Meet Warm Up 445-EOS

630-7am | 7-730am | 730-8am | 8-9am | 9-10am | 10-11am | 11-1130am | 1130-12pm | 12-1pm | 1-2pm | 2-3pm | 3-30pm | 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: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS
- 7: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS
- 6: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS
- 5: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS
- 4: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS
- 3: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS
- 2: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS
- 1: Warm Up 7-830 | TYDE Winter Invite 845-EOS | Warm Up 12-1 | TYDE Winter Invite 115-EOS | Warm Up 4-445 | TYDE Winter Invite 5-EOS

CONNECTOR LOBBY & ENTRANCE

REC POOL 7AM - 3PM

Rec 6 | Rec 5 | Rec 4 | Rec 3 | Rec 2 | Rec 1

- 5-530 AM: CLOSED
- 530-6 AM: CLOSED
- 6-630 AM: CLOSED
- 630-7 AM: CLOSED
- 7-730 AM: CLOSED
- 730-8 AM: CLOSED
- 8-830 AM: CLOSED
- 830-9 AM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 9-930 AM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 930-10 AM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 10-1030 AM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 1030-11 AM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 11-1130 AM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 1130-12 PM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 12-1230 PM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 1230-1 PM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 1-130 PM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 130-2 PM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 2-230 PM: Fitness 915-1045a | GAC Lessons 815am -1pm
- 230-3 PM: Fitness 915-1045a | Family Swim 1-5pm
- 3-330 PM: Fitness 915-1045a | Family Swim 1-5pm
- 330-4 PM: Fitness 915-1045a | Family Swim 1-5pm
- 4-430 PM: Fitness 915-1045a | Family Swim 1-5pm
- 430-5 PM: Fitness 915-1045a | Family Swim 1-5pm
- 5-530 PM: CLOSED
- 530-6 PM: CLOSED
- 6-630 PM: CLOSED
- 630-7 PM: CLOSED
- 7-730 PM: CLOSED
- 730-8 PM: CLOSED
- 8-830 PM: CLOSED
- 830-9 PM: CLOSED
- 9-930 PM: 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

TRAINING POOL LAP SWIM ADULT ONLY

25 YARDS	LANES
7 - 8am	9
8 - 9am	3
9 - 1030am	10
1030 - 11am	4
11 - 12pm	10
12 - 3pm	17
3 - 5pm	19

SENIOR DISCOUNT

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: CLOSED
- 530-6 AM: CLOSED
- 6-630 AM: CLOSED
- 630-7 AM: CLOSED
- 7-730 AM: GSA 7-9
- 730-8 AM: GSA 7-9
- 8-830 AM: GSA 7-9
- 830-9 AM: GSA 7-9
- 9-930 AM: STAR 9-11
- 930-10 AM: STAR 9-11
- 10-1030 AM: STAR 9-11
- 1030-11 AM: During Meet Warm Up 1030-EOS
- 11-1130 AM: GAP 11-1230 | During Meet Warm Up 1030-EOS
- 1130-12 PM: GAP 11-1230 | During Meet Warm Up 1030-EOS
- 12-1230 PM: GAP 11-1230 | During Meet Warm Up 1030-EOS
- 1230-1 PM: Waves 1240-240 | During Meet Warm Up 1030-EOS
- 1-130 PM: Waves 1240-240 | During Meet Warm Up 1030-EOS
- 130-2 PM: Waves 1240-240 | During Meet Warm Up 1030-EOS
- 2-230 PM: Waves 1240-240 | During Meet Warm Up 1030-EOS
- 230-3 PM: Waves 1240-240 | During Meet Warm Up 1030-EOS
- 3-330 PM: During Meet Warm Up 1030-EOS
- 330-4 PM: During Meet Warm Up 1030-EOS
- 4-430 PM: During Meet Warm Up 1030-EOS
- 430-5 PM: During Meet Warm Up 1030-EOS
- 5-530 PM: CLOSED
- 530-6 PM: CLOSED
- 6-630 PM: CLOSED
- 630-7 PM: CLOSED
- 7-730 PM: CLOSED
- 730-8 PM: CLOSED
- 8-830 PM: CLOSED
- 830-9 PM: CLOSED
- 9-930 PM: CLOSED

SHORT LANE (20 YRD)

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 | 8-830 PM | 830-9 PM | 9-930 PM

- T 8: CLOSED | STAR 8-10 | RA 10-11 | CLOSED
- T 7: CLOSED | STAR 8-10 | RA 10-11 | CLOSED
- T 6: CLOSED | STAR 8-10 | RA 10-11 | CLOSED
- T 5: CLOSED | STAR 8-10 | RA 10-11 | CLOSED
- T 4: CLOSED | STAR 8-10 | RA 10-11 | CLOSED
- T 3: CLOSED | STAR 8-10 | RA 10-11 | CLOSED
- T 2: CLOSED | STAR 8-10 | Privates | CLOSED
- T 1: CLOSED | STAR 8-10 | Privates | CLOSED

Printed 11/24/2026 9:55 AM

GAC LANE SCHEDULE

Sunday, December 6, 2026

DIVE WELL
10AM - 5PM

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

5-530 AM – 8-830 AM: CLOSED

8-830 AM – 2-230 PM: (open)

2-230 PM – 5-530 PM: TDA 245-445

5-530 PM – 9-930 PM: CLOSED

BACK PATIO

COMPETITION POOL
630AM - 830PM

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

BULKHEAD

7-8am	Warm Up 7-830
8-9am	
9-10am	
10-11am	TYDE Winter Invite 845-EOS
11-1130am	
1130-12pm	
12-1pm	
1-2pm	
2-3pm	
3-30pm	During Meet Warm Up 1-EOS
330-4pm	
4-430pm	
430-5pm	
5-530pm	
530-6pm	
6-630pm	During Meet Warm Up 445-EOS
630-7pm	
7-730pm	
730-8pm	
8-830pm	

BULKHEAD

630-7am | 7-730am | 730-8am | 8-9am | 9-10am | 10-11am | 11-1130am | 1130-12pm | 12-1pm | 1-2pm | 2-3pm | 3-30pm | 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) lanes 8 7 6 5 4 3 2 1

630-7am	Warm Up 7-830
7-730am	
730-8am	
8-9am	TYDE Winter Invite 845-EOS
9-10am	
10-11am	
11-1130am	
1130-12pm	Warm Up 12-1
12-1pm	
1-2pm	
2-3pm	TYDE Winter Invite 115-EOS
3-30pm	
330-4pm	Warm Up 4-445
4-430pm	
430-5pm	
5-530pm	TYDE Winter Invite 5-EOS
530-6pm	
6-630pm	
630-7pm	
7-730pm	
730-8pm	
8-830pm	

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

TRAINING POOL LAP SWIM
ADULT ONLY

25 YARDS	LANES
10 - 1130am	12
1130am - 5pm	19

SENIOR DISCOUNT

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 – 10-1030 AM: CLOSED

During Meet Warm Up 830-EOS

10-1030 AM – 5-530 PM: (open)

SHORT LANE (20 YRD)

5-530 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 | 1130-11 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