**McCoy Natatorium Indoor Pool Schedule**

<table>
<thead>
<tr>
<th>Mon - 1st</th>
<th>Tues - 2nd</th>
<th>Wed - 3rd</th>
<th>Thurs - 4th</th>
<th>Fri - 5th</th>
<th>Sat - 6th</th>
<th>Sun - 7th</th>
</tr>
</thead>
</table>
| Members Swim  
8:00am-12:00pm  
(6 lanes = I)   | Members Swim  
8:00am-9:00am  
(6 lanes = I)  | Members Swim  
8:00am-12:00pm  
(6 lanes = I)  | Members Swim  
8:00am-9:00am  
(6 lanes = I)  | Members Swim  
8:00am-2:00pm  
(6 lanes = I)  |               |                 |
| Aqua Power     
12:00pm-1:00pm  
(Members Swim  
4 lanes during 
Aqua Power = I) | Aqua Power     
12:00pm-1:00pm  
(Members Swim  
4 lanes during 
Aqua Power = I) | Aqua Move      
12:00pm-1:00pm  
(Members Swim  
4 lanes during 
Aqua Move = I) | Aqua Move      
12:00pm-1:00pm  
(Members Swim  
4 lanes during 
Aqua Move = I) | Fitness Swim   
8:15am-9:30am  
(4 lanes = C)  |               |                 |
| Members Swim  
1:00pm-2:00pm   
(6 lanes = I)   | Members Swim  
1:00pm-2:00pm   
(6 lanes = I)  | Members Swim  
1:00pm-2:00pm   
(6 lanes = I)  | Members Swim  
1:00pm-2:00pm   
(6 lanes = I)  |               |               |                 |
| Members Swim  
6:00pm-8:00pm   
(5 lanes = I)   | Members Swim  
6:00pm-8:00pm   
(5 lanes = I)  | Members Swim  
6:00pm-8:00pm   
(5 lanes = I)  | Members Swim  
6:00pm-8:00pm   
(5 lanes = C)  |               |               |                 |
| Fitness Swim   
6:15pm-7:30pm   
(4 lanes = C)   | Fitness Swim   
6:15pm-7:30pm   
(4 lanes = C)  | Fitness Swim   
6:15pm-7:30pm   
(4 lanes = C)  | Fitness Swim   
6:15pm-7:30pm   
(4 lanes = C)  |               |               |                 |

**White Building Pool Schedule**

Note: White Building Spa is open during Members Swim hours

<table>
<thead>
<tr>
<th>Mon - 1st</th>
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<th>Thurs - 4th</th>
<th>Fri - 5th</th>
<th>Sat - 6th</th>
<th>Sun - 7th</th>
</tr>
</thead>
</table>
| Members Swim    
6:00am-10:00pm  
(5 lanes)        | Members Swim    
6:00am-10:00pm  
(5 lanes)        | Members Swim    
6:00am-7:15pm    
(5 lanes)         | Members Swim    
6:00am-8:00pm    
(5 lanes)         |               |               |                 |
| BOGA class      
7:15pm-8:00pm    | Members Swim    
6:00am-10:00pm  
(5 lanes)         |               | Members Swim    
6:00am-8:00pm    
(5 lanes)         |               |               |                 |
| Members Swim    
8:00pm-10:00pm  
(5 lanes)         |               |               |               |               |               |                 |

**McCoy Natatorium Outdoor Pool Schedule**

CLOSED FOR THE SEASON

**McCoy Natatorium pool types:**
I = Instruction Pool
C = Competition Pool
D = Dive Well

Note: The schedule is subject to change.
Please follow lap swim etiquette at all times.
- During busy times, swimmers must share lanes.
- Stop and notify swimmers in the lane prior to entering the lane.
- Circle swim counter clockwise or if there are two swimmers; each take a side of the lane.