

ClubWorx Pool Activities

Adult Lap Swim:

Lap swim is available for members 16 and older as well as competitive swimmers ages 13-15 years old with a parent present. Four lanes are available. No open recreational swim is allowed during adult lap swim. *Personal Training and/or Physical Therapy may be using pool during this time in the lane closest to the stairs.* Please share lap lanes if necessary.

Swim Lessons:

During the 5pm swim lessons the two middle lanes will be reserved for lap swimming. During the 6pm lessons, it is up to the instructor's discretion whether lap swimmers are permitted. There is no modified open swim during this time.

Swim Team:

No lap swimming or open recreational swim is allowed during Swim Team practice.

Masters Swim:

Depending on the number of participants, it is up to the instructor's discretion whether lap swimmers are permitted. Lap swimmers are generally encouraged to swim with them while they practice.

Group Aqua Classes:

Group aqua class participants only (13-15 years old must be with a parent). No lap lanes open. No modified open swim is allowed during group aqua classes.

Modified Open Swim:

Two lap lanes open for adult lap swim (13-15 years old must be with a parent). Open recreational swim available in ½ the pool. All ages welcome (15 years and younger w/adult). *Please reserve the lane closest to the stairs for children who cannot touch the floor of the pool or those members training individually or doing therapy.*

Parties:

Reservation required for recreational swim parties. All ages welcome with 1 adult per 5 children and lifeguard present. One lane is available for modified open swim.