

# HOCKESSIN ATHLETIC CLUB Aquatics Complex Schedule



Access to the pool is also dependent on other activities that may be taking place in the pool.  
See attached schedules for information regarding lap lane availability.

|                                  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|----------------------------------|---|---|---|---|---|--|--|
| <b>Outdoor Pool*</b>             | 6:00 am to 7:30 pm: Lap Swim* and Aquatic Programming                 | 6:00 am to 7:30 pm: Lap Swim* and Aquatic Programming | 6:00 am to 7:30 pm: Lap Swim* and Aquatic Programming | 6:00 am to 7:30 pm: Lap Swim* and Aquatic Programming | 6:00 am to 7:30 pm: Lap Swim* and Aquatic Programming | 8:00 am to 4:00 pm: Lap Swim*                        | 8:00 am to 4:00 pm: Lap Swim*                        |
|                                  | Deck closed for the season.   |   |   |   |   |  |  |
| <b>Indoor Lap Pool*</b>          | 5:00 am to 7:30 pm  | 5:00 am to 7:30 pm                                    | 5:00 am to 7:30 pm                                    | 5:00 am to 7:30 pm                                    | 5:00 am to 7:30 pm                                    | 8:00 am to 4:00 pm                                   | 8:00 am to 4:00 pm                                   |
| <b>Water Park/Leisure Pool</b>   | 11:00 am to 7:30 pm<br>Open Swim<br><br>Slide Closed                  | 11:00 am to 7:30 pm<br>Open Swim<br><br>Slide Closed  | 11:00 am to 7:30 pm<br>Open Swim<br><br>Slide Closed  | 11:00 am to 7:30 pm<br>Open Swim<br><br>Slide Closed  | 11:00 am to 7:30 pm<br>Open Swim<br><br>Slide Closed  | 10:00 am to 4:00 pm<br>Open Swim<br><br>Slide Closed | 10:00 am to 4:00 pm<br>Open Swim<br><br>Slide Closed |
| <b>Whirlpool</b>                 | Closed in Phase Two   |   |   |   |   |  |  |
| <b>Lesson &amp; Therapy Pool</b> | Aqua Fitness & Therapy Only. <a href="#">Please see the schedule.</a> |   |   |   |   |  |  |

## IMPORTANT NOTES:

Exiting the pool complex, must be by way of front entrance.

\*Lap swim only time is for lap swimmers 14 years or older or aquatic programming.

## PEAK LANE AVAILABILITY

**Outdoor lap swimming:** weekdays and Saturday mornings.

**Indoor lap swimming:** weekday early mornings, weekday early afternoons, weekday late evenings as well as weekends



During cold weather, the Outdoor Pool is operational only when the Accuweather Real Feel air temperature is 25° or above. Outdoor Pool will close when the lines on the bottom of the pool are not clearly visible. This can be caused by steam on the surface of the water, heavy rain, or snow. High winds may also result in a pool closure.

# Therapy Pool

|  | MONDAY                                  | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY                                | SATURDAY                                | SUNDAY                               |
|--|---|---|---|---|---------------------------------------|---|--------------------------------------|
| 5:00am   | 5:00 - 7:00<br>Therapy                  | 5:00 - 7:00<br>Therapy                  | 5:00 - 7:00<br>Therapy                  | 5:00 - 7:00<br>Therapy                  | 5:00 - 7:00<br>Therapy                | CLOSED                                  | CLOSED                               |
| 5:30   |   |   |   |   |                                       |   |                                      |
| 6:00   |   |   |   |   |                                       |   |                                      |
| 6:30   |   |   |   |   |                                       |   |                                      |
| 7:00   | 7:00 - 12:00<br>Programs &<br>Therapy   | 7:00 - 9:00<br>Programs &<br>Therapy    | 7:00 - 12:00<br>Programs &<br>Therapy   | 7:00 - 9:00<br>Programs &<br>Therapy    | 7:00 - 11:00<br>Programs &<br>Therapy | 8:00 - 9:00<br>Therapy                  | 8:00 - 4:00<br>Programs &<br>Therapy |
| 7:30   |   |   |   |   |                                       |   |                                      |
| 8:00   |   | 9:00 - 10:00<br>Closed<br>AquaFitness   |   | 9:00 - 10:00<br>Closed<br>AquaFitness   |                                       | 9:00 - 1:00<br>Programs &<br>Therapy ** |                                      |
| 8:30   |   |   |   |   |                                       |   |                                      |
| 9:00   |   | 10:00 - 11:00<br>Programs &<br>Therapy  |   | 10:00 - 11:00<br>Programs &<br>Therapy  |                                       |   |                                      |
| 9:30   |   |   |   |   |                                       |   |                                      |
| 10:00  |   | 11:00 - 1:00<br>Closed<br>AquaFitness   |   | 11:00 - 12:00<br>Closed<br>AquaFitness  |                                       |   |                                      |
| 10:30  |   |   |   |   |                                       |   |                                      |
| 11:00  |   | 12:00 - 1:00<br>Closed<br>AquaFitness   |   | 12:00 - 2:00<br>Closed<br>AquaFitness   |                                       |   |                                      |
| 11:30  |   |   |   |   |                                       |   |                                      |
| 12:00  | 12:00 - 1:00<br>Closed<br>AquaFitness   |   |   | 1:00-7:30<br>Programs &<br>Therapy **   | 1:00 - 4:00<br>Programs &<br>Therapy  |   |                                      |
| 12:30  |   |   |   |   |                                       |   |                                      |
| 1:00   | 1:00 - 4:00<br>Programs &<br>Therapy    | 1:00 - 4:00<br>Programs &<br>Therapy    | 2:00 - 4:00<br>Programs &<br>Therapy    | 12:00 - 4:00<br>Programs &<br>Therapy   | 1:00 - 4:00<br>Programs &<br>Therapy  |   |                                      |
| 1:30   |   |   |   |   |                                       |   |                                      |
| 2:00   |   |   |   |   |                                       |   |                                      |
| 2:30   |   |   |   |   |                                       |   |                                      |
| 3:00   |   |   |   |   |                                       |   |                                      |
| 3:30   |   |   |   |   |                                       |   |                                      |
| 4:00   | 4:00 - 7:30<br>Programs &<br>Therapy ** | 4:00 - 7:30<br>Programs &<br>Therapy ** | 4:00 - 7:30<br>Programs &<br>Therapy ** | 4:00 - 7:30<br>Programs &<br>Therapy ** | CLOSED                                | CLOSED                                  |                                      |
| 4:30   |   |   |   |   |                                       |   |                                      |
| 5:00   |   |   |   |   |                                       |   |                                      |
| 5:30   |   |   |   |   |                                       |   |                                      |
| 6:00   |   |   |   |   |                                       |   |                                      |
| 6:30   |   |   |   |   |                                       |   |                                      |
| 7:00   |   |   |   |   |                                       |   |                                      |
| 7:30   | CLOSED                                  | CLOSED                                  | CLOSED                                  | CLOSED                                  | CLOSED                                |   |                                      |
| 8:00   |   |   |   |   |                                       |   |                                      |
| 8:30   |   |   |   |   |                                       |   |                                      |
| 9:00   |   |   |   |   |                                       |   |                                      |
| **Heavier Volume of swim lessons, participants may be asked to exit pool |   |   |   |   |                                       | Effective 3/8/2021                      |                                      |

**\*\*Heavier Volume of swim lessons, participants may be asked to exit pool**

**Effective 3/8/2021**

# Indoor Lap Pool

|        | MONDAY                                    | TUESDAY                                   | WEDNESDAY                                 | THURSDAY   | FRIDAY                                    | SATURDAY                                  | SUNDAY                               |        |
|--------|---|---|---|--|---|---|--------------------------------------|--------|
| 5:00am | 5:00 - 6:00<br>4 Lap Lanes                | 5:00 - 6:00<br>4 Lap Lanes                | 5:00 - 6:00<br>4 Lap Lanes                | 5:00 - 6:00<br>4 Lap Lanes                           | 5:00 - 6:00<br>4 Lap Lanes                | CLOSED                                    | CLOSED                               |        |
| 5:30   |   |   |   |  |   |   |                                      |        |
| 6:00   | 6:00 - 7:00<br>Closed<br>AquaFitness      | 6:00 - 7:00<br>Closed<br>AquaFitness      | 6:00 - 7:00<br>Closed<br>AquaFitness      | 6:00 - 7:00<br>Closed<br>AquaFitness                 | 6:00 - 7:00<br>Closed<br>AquaFitness      |   |                                      |        |
| 6:30   |   |   |   |  |   |   |                                      |        |
| 7:00   | 7:00 - 9:00<br>3 Lap Lanes<br>1 Programs  | 7:00 - 10:00<br>3 Lap Lanes<br>1 Programs | 7:00 - 9:00<br>3 Lap Lanes<br>1 Programs  | 7:00 - 10:00<br>3 Lap Lanes<br>1 Programs            | 7:00 - 9:00<br>3 Lap Lanes<br>1 Programs  |   |                                      |        |
| 7:30   |   |   |   |  |   |   |                                      |        |
| 8:00   |   |   |   |  |   |   |                                      |        |
| 8:30   |   |   |   |  |   |   |                                      |        |
| 9:00   | 9:00 - 12:00<br>Closed<br>AquaFitness     | 10:00 - 11:00<br>Closed<br>AquaFitness    | 9:00 - 12:00<br>Closed<br>AquaFitness     | 10:00 - 11:00<br>Closed<br>AquaFitness               | 9:00 - 10:00<br>Closed<br>AquaFitness     | 8:00 - 9:15<br>1 Lap Lane<br>AquaFitness  | 8:00 - 10:00<br>4 Lap Lanes          |        |
| 9:30   |   |   |   |  |   | 9:15 - 11:00<br>2 Lap Lanes<br>2 Programs |                                      |        |
| 10:00  |   | 11:00 - 1:00<br>1 Lap Lanes<br>3 Programs |   | 10:00 - 3:00<br>2 Lap Lanes<br>2 Aquatic<br>Programs |   |   |                                      |        |
| 10:30  |   |   |   |  |   |   |                                      |        |
| 11:00  |   |   |   |  |   |   |                                      |        |
| 11:30  |   |   |   |  |   |   |                                      |        |
| 12:00  | 12:00 - 3:30<br>3 Lap Lanes<br>1 Programs | 11:00 - 3:30<br>3 Lap Lanes<br>1 Programs | 12:00 - 3:30<br>3 Lap Lanes<br>1 Programs |  | 11:00 - 3:30<br>3 Lap Lanes<br>1 Programs | 11:00 - 3:00<br>3 Lap Lanes<br>1 Programs |                                      |        |
| 12:30  |   |   |   |  |   |   |                                      |        |
| 1:00   |   |   |   |  |   |   |                                      |        |
| 1:30   |   |   |   |  |   |   |                                      |        |
| 2:00   |   |   |   |  |   |   |                                      |        |
| 2:30   | 3:30 - 7:30<br>2 Lap Lanes<br>2 Programs  | 3:30 - 5:00<br>2 Lap Lanes<br>2 Programs  | 3:30 - 7:30<br>2 Lap Lanes<br>2 Programs  | 3:30 - 6:00<br>2 Lap Lanes<br>2 Programs             | 3:00 - 7:30<br>2 Lap Lanes<br>2 Programs  | 1:00 - 4:00<br>3 Lap Lanes<br>1 Programs  | 2:45 - 4:00<br>2 Lap Lanes<br>2 USMS |        |
| 3:00   |   |   |   |  |   |   |                                      |        |
| 3:30   |   |   |   |  |   |   |                                      |        |
| 4:00   |   |   |   |  |   |   |                                      |        |
| 4:30   |   |   |   |  |   |   |                                      |        |
| 5:00   |   | 5:00 - 7:00<br>1 Lap Lane<br>3 Programs   |   | 3:30 - 7:30<br>2 Lap Lanes<br>2 Programs             |   | 6:00 - 7:00<br>1 Lap Lanes<br>3 Programs  | CLOSED                               | CLOSED |
| 5:30   |   |   |   |  |   |   |                                      |        |
| 6:00   |   |   |   |  |   |   |                                      |        |
| 6:30   |   |   |   |  |   |   |                                      |        |
| 7:00   |   |   |   |  |   |   |                                      |        |
| 7:30   | CLOSED                                    | CLOSED                                    | CLOSED                                    | CLOSED   | CLOSED                                    | CLOSED                                    | CLOSED                               |        |
| 8:00   |   |   |   |  |   |   |                                      |        |
| 8:30   |   |   |   |  |   |   |                                      |        |
| 9:00   |   |   |   |  |   |   |                                      |        |

Effective 3/8/2021

# Waterpark/Leisure Pool

|        | MONDAY                    | TUESDAY                   | WEDNESDAY                 | THURSDAY                  | FRIDAY                    | SATURDAY                  | SUNDAY                    |
|--------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 5:00am | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    |
| 5:30   |                           |                           |                           |                           |                           |                           |                           |
| 6:00   |                           |                           |                           |                           |                           |                           |                           |
| 6:30   |                           |                           |                           |                           |                           |                           |                           |
| 7:00   |                           |                           |                           |                           |                           |                           |                           |
| 7:30   |                           |                           |                           |                           |                           |                           |                           |
| 8:00   |                           |                           |                           |                           |                           |                           |                           |
| 8:30   |                           |                           |                           |                           |                           |                           |                           |
| 9:00   |                           |                           |                           |                           |                           |                           |                           |
| 9:30   |                           |                           |                           |                           |                           |                           |                           |
| 10:00  | 11:00 - 7:30<br>Open Swim | 11:00 - 7:30<br>Open Swim | 11:00 - 7:30<br>Open Swim | 11:00 - 7:30<br>Open Swim | 11:00 - 7:30<br>Open Swim | 10:00 - 4:00<br>Open Swim | 10:00 - 4:00<br>Open Swim |
| 10:30  |                           |                           |                           |                           |                           |                           |                           |
| 11:00  |                           |                           |                           |                           |                           |                           |                           |
| 11:30  |                           |                           |                           |                           |                           |                           |                           |
| 12:00  |                           |                           |                           |                           |                           |                           |                           |
| 12:30  |                           |                           |                           |                           |                           |                           |                           |
| 1:00   |                           |                           |                           |                           |                           |                           |                           |
| 1:30   |                           |                           |                           |                           |                           |                           |                           |
| 2:00   |                           |                           |                           |                           |                           |                           |                           |
| 2:30   |                           |                           |                           |                           |                           |                           |                           |
| 3:00   | SLIDE CLOSED              | SLIDE CLOSED              | SLIDE CLOSED              | SLIDE CLOSED              | SLIDE CLOSED              | SLIDE CLOSED              | SLIDE CLOSED              |
| 3:30   |                           |                           |                           |                           |                           |                           |                           |
| 4:00   |                           |                           |                           |                           |                           |                           |                           |
| 4:30   |                           |                           |                           |                           |                           |                           |                           |
| 5:00   |                           |                           |                           |                           |                           |                           |                           |
| 5:30   |                           |                           |                           |                           |                           |                           |                           |
| 6:00   |                           |                           |                           |                           |                           |                           |                           |
| 6:30   |                           |                           |                           |                           |                           |                           |                           |
| 7:00   |                           |                           |                           |                           |                           |                           |                           |
| 7:30   |                           |                           |                           |                           |                           |                           |                           |
| 8:00   | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    |
| 8:30   |                           |                           |                           |                           |                           |                           |                           |
| 9:00   |                           |                           |                           |                           |                           |                           |                           |

Effective 3/8/2021

# Outdoor Pool

|   | MONDAY                                       | TUESDAY                              | WEDNESDAY                 | THURSDAY                  | FRIDAY                    | SATURDAY                  | SUNDAY                    |                           |                    |  |  |  |  |  |
|---|--|--------------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|--------------------|--|--|--|--|--|
| 5:00am  | CLOSED                                       | CLOSED                               | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    |                           |                    |  |  |  |  |  |
| 5:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 6:00  | 5 Lap Lanes<br>1 Programs<br><br>Deck Closed | 6:00 - 7:00<br>6 Lap Lanes           |                           |                           |                           |                           |                           | CLOSED                    | CLOSED             |  |  |  |  |  |
| 6:30  |  | 7:00 - 8:00<br>4 Lap Lanes<br>2 USMS |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 7:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 7:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 8:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 8:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 9:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 9:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 10:00   |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 10:30   |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 11:00   |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 11:30   |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 12:00   |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 12:30   |  | 5 Lap Lanes<br>1 Programs            | 5 Lap Lanes<br>1 Programs | 5 Lap Lanes<br>1 Programs | 5 Lap Lanes<br>1 Programs | 5 Lap Lanes<br>1 Programs | 5 Lap Lanes<br>1 Programs | 5 Lap Lanes<br>1 Programs |                    |  |  |  |  |  |
| 1:00  |  | Deck Closed                          | Deck Closed               | Deck Closed               | Deck Closed               | Deck Closed               | Deck Closed               | Deck Closed               |                    |  |  |  |  |  |
| 1:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 2:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 2:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 3:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 3:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 4:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 4:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 5:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 5:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 6:00  |  | CLOSED                               | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    | CLOSED                    |                    |  |  |  |  |  |
| 6:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 7:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 7:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 8:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 8:30  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| 9:00  |  |                                      |                           |                           |                           |                           |                           |                           |                    |  |  |  |  |  |
| Pool will close when AccuWeather RealFeel Temp is below 25° |  |                                      |                           |                           |                           |                           |                           |                           | Effective 3/8/2021 |  |  |  |  |  |

Pool will close when AccuWeather RealFeel Temp is below 25°

Effective 3/8/2021