

# 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
Outdoor Pool*	6:00 am to Noon: Lap Swimming & Programming Only	6:00 am to Noon: Lap Swimming & Programming Only	6:00 am to Noon: Lap Swimming & Programming Only	6:00 am to Noon: Lap Swimming & Programming Only	6:00 am to Noon: Lap Swimming & Programming Only	8:00 am to 11:00 am: Lap Swimming Only	8:00 am to 11:00 am: Lap Swimming Only
	Noon to 7:30 pm: Lap Swimming and Open Swim	Noon to 7:30 pm: Lap Swimming and Open Swim	Noon to 7:30 pm: Lap Swimming and Open Swim	Noon to 7:30 pm: Lap Swimming and Open Swim	Noon to 7:30 pm: Lap Swimming and Open Swim	11:00 am to 4:00 pm: Lap Swimming and Open Swim	11:00 am to 4:00 pm: Lap Swimming and Open Swim
Deck open to adults only before Noon on weekdays and 11:00 am on weekends.							
Indoor Lap Pool*	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
Water Park/Leisure Pool	11:00 am to 7:30 pm Open Swim	11:00 am to 7:30 pm Open Swim	11:00 am to 7:30 pm Open Swim	11:00 am to 7:30 pm Open Swim	11:00 am to 7:30 pm Open Swim	10:00 am to 4:00 pm Open Swim	10:00 am to 4:00 pm Open Swim
	Slide Closed	Slide Closed	Slide Closed	Slide Closed	Slide Closed	Slide Closed	Slide Closed
Whirlpool	Closed in Phase One						
Lesson & Therapy Pool	Aqua Fitness & Therapy Only. <a href="#">Please see the schedule.</a>						

## IMPORTANT NOTES:

Lap swimming lanes 2 swimmers or family units max.  
Exiting the pool complex, must be by the front entrance.

### WATERSIDE GRILLE HOURS

Friday: 2:00 pm - 7:00 pm  
Saturday & Sunday: 11:00 am - 3:00 pm

\*Open through Labor Day, weather permitting. The Waterside Grille will be opening the bar only. Foodservice will be available through the poolside and indoor cafes.

### POOLSIDE CAFE HOURS

Monday - Friday: 11:00 am - 7:00 pm  
Saturday & Sunday: 11:00 am - 3:00 pm

\*Open through Labor Day, weather permitting.

Indoor Lap Pool								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00am	5:00 - 9:00 4 Lap Lanes	5:00 - 10:00 4 Lap Lanes	5:00 - 9:00 4 Lap Lanes	5:00 - 10:00 4 Lap Lanes	5:00 - 9:00 4 Lap Lanes	CLOSED	CLOSED	
5:30								
6:00								
6:30								
7:00								
7:30								
8:00						8:00 - 9:00 3 Aqua Fitness 1 Lap Lane	8:00 - 4:00 2 Lap Lanes 2 SwimLessons	
8:30								
9:00	9:00 - 10:00 Closed AquaFitness		9:00 - 10:00 Closed AquaFitness		9:00 - 4:00 4 Lap Lanes			
9:30								
10:00	10:00 - 11:00 Closed AquaFitness	10:00 - 11:00 Closed AquaFitness	10:00 - 11:00 Closed AquaFitness	10:00 - 11:00 Closed AquaFitness				
10:30								
11:00	11:00 - 12:00 Closed AquaFitness	11:00 - 12:00 4 Lap Lanes	11:00 - 12:00 Closed AquaFitness	11:00 - 12:00 4 Lap Lanes		11:00 - 12:00 4 Lap Lanes		
11:30								
12:00	12:00 - 6:00 2 Lap Lanes 2 SwimLessons	12:00 - 7:30 2 Lap Lanes 2 SwimLessons	12:00 - 6:00 2 Lap Lanes 2 SwimLessons	12:00 - 7:30 2 Lap Lanes 2 SwimLessons	12:00 - 7:30 2 Lap Lanes 2 SwimLessons	CLOSED		CLOSED
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00	6:00 - 7:00 Closed for Aquatic Programming		6:15 - 7:15 Closed for Aquatic Programming					
6:30								
7:00	7:00 - 7:30 2 Lap Lanes							
7:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			
8:00								
8:30								
9:00								
9:30								

Therapy Pool							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	5:00 - 7:30 Therapy	5:00 - 9:00 Therapy		5:00 - 9:00 Therapy	5:00 - 10:00 Therapy	CLOSED	CLOSED
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00		9:00 - 10:00 Closed AquaFitness	9:00 - 10:00 Closed AquaFitness		10:00-11:00 Closed AquaFitness	8:00 - 4:00 Therapy	8:00 - 4:00 Therapy
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7:30							
8:00							
8:30							
9:00							
9:30							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	5:00 - 7:30 Therapy	5:00 - 9:00 Therapy		5:00 - 9:00 Therapy	5:00 - 10:00 Therapy	CLOSED	CLOSED
5:30							
6:00							
6:30							
7:00							
7:30							
8:00		9:00 - 10:00 Closed AquaFitness		9:00 - 10:00 Closed AquaFitness	10:00-11:00 Closed AquaFitness	8:00 - 4:00 Therapy	8:00 - 4:00 Therapy
8:30							
9:00							
9:30							
10:00							
10:30							
11:00		10:00 - 7:30 Therapy	5:00 - 7:30 Therapy	10:00 - 7:30 Therapy	11:00 - 7:30 Therapy		
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30						CLOSED	CLOSED
5:00							
5:30							
6:00							
6:30							
7:00							
7:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
8:00							
8:30							
9:00							
9:30							

# Outdoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			
5:30										
6:00	6:00 - 7:00 3 Lap Lanes 3 Lanes DWC	6:00 - 7:00 3 Lap Lanes 3 Lanes DWC	6:00-7:00 3 Lane Lanes 3 Lanes DWC	6:00 - 7:00 3 Lap Lanes 3 Lanes DWC						
6:30										
7:00										
7:30										
8:00						7:00 - 10:00 5 Lap Lanes 1 Swim Lessons	7:00 - 10:00 5 Lap Lanes 1 Swim Lessons	7:00 - 10:00 5 Lap Lanes 1 Swim Lessons	7:00 - 10:00 5 Lap Lanes 1 Swim Lessons	6:00 - 10:00 5 Lap Lanes 1 Swim Lessons
8:30										
9:00						8:00 - 11:00 Lap Swimming Only	8:00 - 11:00 Lap Swimming Only			
9:30										
10:00	10:00 - 12:00 2 Lap Lanes 3 Camp Swim 1 Swim Lessons	10:00 - 12:00 2 Lap Lanes 3 Camp Swim 1 Swim Lessons	10:00 - 12:00 2 Lap Lanes 3 Camp Swim 1 Swim Lessons	10:00 - 12:00 2 Lap Lanes 3 Camp Swim 1 Swim Lessons	10:00 - 12:00 2 Lap Lanes 3 Camp Swim 1 Swim Lessons					
10:30										
11:00						11:00 - 4:00 3 Lap Lanes & Open Swim	11:00 - 4:00 3 Lap Lanes & Open Swim			
11:30										
12:00										
12:30										
1:00										
1:30										
2:00										
2:30										
3:00										
3:30										
4:00										
4:30										
5:00										
5:30										
6:00										
6:30										
7:00						CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7:30										
8:00										
8:30										
9:00										
9:30										

Deck Open to adults only before 12 on weekdays and 11 on weekends

Effective 6/10/2020

## 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	Camp Swim Only	Camp Swim Only	Camp Swim Only	Camp Swim Only	Camp Swim Only				
10:30									
11:00									
11:30									
12:00	11:00 - 7:30 Open Swim	11:00 - 7:30 Open Swim	11:00 - 7:30 Open Swim	11:00 - 7:30 Open Swim	11:00 - 7:30 Open Swim			10:00 - 4:00 Open Swim	10:00 - 4:00 Open Swim
12:30									
1:00									
1:30									
2:00									
2:30									
3:00									
3:30									
4:00									
4:30									
5:00	SLIDE CLOSED	SLIDE CLOSED	SLIDE CLOSED	SLIDE CLOSED	SLIDE CLOSED	SLIDE CLOSED	SLIDE CLOSED		
5:30									
6:00									
6:30									
7:00									
7:30									
8:00									
8:30									
9:00									
9:30									