

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 12:00 pm: Lap Swim* and Aquatic Programming 12:00 pm to 8:00 pm Family Swim and Lap Swim*	6:00 am to 12:00 pm: Lap Swim* and Aquatic Programming 12:00 pm to 8:00 pm Family Swim and Lap Swim*	6:00 am to 12:00 pm: Lap Swim* and Aquatic Programming 12:00 pm to 8:00 pm Family Swim and Lap Swim*	6:00 am to 12:00 pm: Lap Swim* and Aquatic Programming 12:00 pm to 8:00 pm Family Swim and Lap Swim*	6:00 am to 12:00 pm: Lap Swim* and Aquatic Programming 12:00 pm to 7:30 pm Family Swim and Lap Swim*	8:00 am to 12:00 pm: Lap Swim* 12:00 pm to 6:00 pm Family Swim and Lap Swim*	8:00 am to 12:00 pm: Lap Swim* 12:00 pm to 6:00 pm Family Swim and Lap Swim*
Indoor Lap Pool*	5:00 am to 8:30 pm	5:00 am to 8:30 pm	5:00 am to 8:30 pm	5:00 am to 8:30 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 8:00 pm Open Swim Slide Closed	11:00 am to 8:00 pm Open Swim Slide Closed	11:00 am to 8:00 pm Open Swim Slide Closed	11:00 am to 8:00 pm Open Swim Slide Closed	11:00 am to 7:30 pm Open Swim Slide Open 4:00 to 7:30 pm	10:00 am to 4:00 pm Open Swim Slide Open 12:00 to 4:00 pm	10:00 am to 4:00 pm Open Swim Slide Open 12:00 to 4:00 pm
Whirlpool	5:00 am to 8:30 pm	5:00 am to 8:30 pm	5:00 am to 8:30 pm	5:00 am to 8:30 pm	5:00 am to 7:30 pm	8:00 am to 4:00 pm	8:00 am to 4:00 pm
Lesson & Therapy Pool	Aqua Fitness & Therapy Only. Please see the schedule.						

IMPORTANT NOTES:

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

*Lap swimming for only swimmers 14 years or older is before noon.

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

POOLSIDE CAFE HOURS*

Monday - Friday

Saturday & Sunday

3:00 - 6:30 pm

11:30 am - 3:00 pm

WATERSIDE GRILLE HOURS*

Saturday & Sunday

12:00 - 5:00 pm

*Weather and Attendance Permitting

Therapy Pool

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

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

Effective 5/29/2021

Indoor Lap Pool

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

Waterpark/Leisure Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	Camp Only	Camp Only	Camp Only	Camp Only	Camp Only		
9:30							
10:00							
10:30							
11:00	11:00 - 8:00 Open Swim	11:00 - 8:00 Open Swim	11:00 - 8:00 Open Swim	11:00 - 8:00 Open Swim	11:00 - 7:30 Open Swim	10:00 - 4:00 Open Swim	10:00 - 4:00 Open Swim
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00	SLIDE CLOSED	SLIDE CLOSED	SLIDE CLOSED	SLIDE CLOSED	SLIDE OPEN 4pm - Close		
4:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
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							

Outdoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
5:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED						
5:30													
6:00	3 Lanes DWC 3 Lap Lanes	3 Lanes DWC 3 Lap Lanes	3 Lanes DWC 3 Lap Lanes	3 Lanes DWC 3 Lap Lanes	3 Lanes AqStrong 3 Lap Lanes								
6:30													
7:00	5 Lap Lanes 1 Programs	7:00 - 8:00 4 Lap Lanes 2 USMS											
7:30													
8:00													
8:30													
9:00			5 Lap Lanes 1 Programs	5 Lap Lanes 1 Programs	5 Lap Lanes 1 Programs	5 Lap Lanes 1 Programs	5 Lap Lanes 1 Programs						
9:30													
10:00	Deck Open to Adults Only	Deck Open to Adults Only	Deck Open to Adults Only	Deck Open to Adults Only	Deck Open to Adults Only	Deck Open to Adults Only							
10:30													
11:00													
11:30													
12:00	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes	3 Lap Lanes						
12:30													
1:00													
1:30													
2:00													
2:30								Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
3:00													
3:30												Deck Open to All	Deck Open to All
4:00								Deck Open to All	Deck Open to All	Deck Open to All	Deck Open to All	Deck Open to All	
4:30													
5:00													
5:30													
6:00				6:00 - 7:00 1 Lap Lanes 2 USMS Family Swim									
6:30													
7:00				Lap Lanes & Family Swim									
7:30													
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED						
8:30													
9:00													

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