

OUTDOOR POOL SCHEDULE (GROUP EVENTS/PRACTICES)

POOL HOURS: **Mon - Fri** Sunrise to Sunset (Golden Hours 7am – 7pm)

Sat 8:00 am - 5:30 pm

Sun 11:00 am - 5:30 pm

Valid June – September

MONDAY: Long Course 6am-8am; 4pm - 8pm Short Course 8am - 4pm

6 am - 8 am.....Youth Swim Team
8:30 am – 9:30 am.....Water Aerobics
8:30-10:30 am.....Summer Swim League
4 pm – 7:30 pm.....Youth Swim Teams

TUESDAY: Long Course 6am - 8am; 4pm - 8pm Short Course 8am - 4pm

6 am - 8 am.....Youth Swim Team
8:30 am – 9:30 am.....Water Aerobics
4 pm – 7:30 pm.....Youth Swim Teams
6 pm – 7:30 pm.....Water Polo – Long Course not available

WEDNESDAY: Long Course 6am - 8am; 4pm - 8pm Short Course 8am - 4pm

6 am - 8 am.....Youth Swim Team
6 am – 7 amMaster Swim Practice
8:30 am – 9:30 am.....Water Aerobics
8:30-10:30 am.....Summer Swim League
4 pm – 7:30 pm.....Youth Swim Teams

THURSDAY: Long Course 6am - 8am; 4pm - 8pm Short Course 8am - 4pm

6 am – 8 am.....Youth Swim Team
8:30 am – 9:30 am.....Water Aerobics
4 pm – 7:30 pm.....Youth Swim Teams

FRIDAY: Long Course 6am - 8am; 4pm - 8pm Short Course 8am - 4pm

6 am – 8 am.....Youth Swim Team
8:30 am – 9:30 am.....Water Aerobics
8:30-10:30 am.....Summer Swim League
4 pm – 7:30 pm.....Youth Swim Teams

SATURDAY: Long Course 8am - 9am Short Course 9am - 5:30pm

7 am – 9 am.....Youth Swim Team

SUNDAY: Short Course Only

OPEN



NOTES:

1. We strive to maintain at least one lap lane available for lap swim during scheduled events. Please see the front desk associate or swim coach on deck if you have any difficulty obtaining space to swim. We will do our best to accommodate you.
2. Special events such as swim meets and birthday parties are NOT included in this document. Will be released when necessary.
3. Member are invited to swim with the Masters group. Please see front desk for information on how to get involved.

Sports Center Morehead City NC 701 N 35th St, Morehead NC