

East Lyme Aquatics and Fitness Center

Facility Schedule (September – June)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome Desk	12:00 - 4:00 pm	7:00 - 12:00 pm & 4:30 - 9:00 pm	7:00 - 12:00 pm & 5:00 - 9:00 pm	7:00 - 12:00 pm & 4:30 - 9:00 pm	7:00 - 12:00 pm & 4:30 - 9:00 pm	7:00 - 12:00 pm & 5:00 - 9:00 pm	8:30 – 7:00 pm
Adult Lap Swim	12:00 – 3:45 pm	5:00 – 11:30 am & 4:30** – 9:00 pm	5:00 – 11:30 am & 5:30 – 9:00 pm	5:00 – 11:30 am & 4:30** – 9:00 pm	5:00 – 11:30 am & 4:30** – 9:00 pm	5:00 – 11:30 am & 5:30 – 9:00 pm	6:00 – 7:30 am & 9:00 - 7:00 pm
Lap Swim	12:00 – 3:45 pm	10:00 – 11:30 am & 7:30 – 9:00 pm	10:00 – 11:30 am & 5:30 – 9:00 pm	10:00 – 11:30 am & 7:30 – 9:00 pm	10:00 – 11:30 am & 7:30 – 9:00 pm	10:00 – 11:30 am & 5:30 – 9:00 pm	9:00 – 7:00 pm
Open Swim	12:00 – 3:45 pm	7:30 – 9:00 pm	5:30 – 9:00 pm	7:30 – 9:00 pm	7:30 – 9:00 pm	5:30 – 9:00 pm	11:30 – 7:00 pm
Fitness Center	12:00 - 4:00 pm	6:00 - 7:30 am & 10:30 - 11:30 am & 5:00 – 9:00 pm	6:00 - 7:30 am & 10:30 - 11:30 am & 5:00 – 9:00 pm	6:00 - 7:30 am & 10:30 - 11:30 am & 5:00 – 9:00 pm	6:00 - 7:30 am & 10:30 - 11:30 am & 5:00 – 9:00 pm	6:00 - 7:30 am & 10:30 - 11:30 am & 5:00 – 9:00 pm	6:00 – 4:00 pm

****Pool is Closed Monday, Wednesday, and Thursday from 6:00-6:30 pm****
Facility is closed 11/22, 12/25, 01/01

Welcome Desk: The hours posted above are when there will be a staff member available to process program registrations or membership registrations.

Adult Lap Swim: Adults 18+ are allowed to use the pool for lap swimming. Depending on the time, circle swimming may be required to allow everyone a chance to use the pool.

Lap Swim: No age limit on use of the pool but all swimmers must be swimming laps, circle swimming may be required to allow everyone a chance to use the pool.

Open Swim: Rec time for children and/or parents. Pool has space available for diving, jumping, playing games, etc.

Fitness Center: Must be 14 years of age to access the fitness center by yourself during posted times.