

ME Warm Water Pool	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM							
7:00 AM	Adult Swim 7:00-10:00 AM	Adult Swim 5:30-10:00 AM	Adult Swim 5:30-10:00 AM	Adult Swim 5:30-10:00 AM	Adult Swim 5:30-10:00 AM	Adult Swim 5:30-10:00 AM	Adult Swim 7:00-10:00 AM
8:00 AM							
9:00 AM							
10:00 AM	Guarded Family Swim 10:00 AM - 6:00 PM	NO LIFEGUARD ON DUTY	NO LIFEGUARD ON DUTY	NO LIFEGUARD ON DUTY	NO LIFEGUARD ON DUTY	NO LIFEGUARD ON DUTY	Guarded Family Swim 10:00 AM - 6:00 PM
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
4:30 PM							
5:00 PM	NO LIFEGUARD ON DUTY	NO LIFEGUARD ON DUTY	Group Swim Lessons 5:00-6:30 PM	Guarded Family Swim 4:30-8:00 PM	Guarded Family Swim 4:30-8:00 PM	Guarded Family Swim 4:30-8:00 PM	
6:00 PM							
6:30 PM	NO LIFEGUARD ON DUTY						NO LIFEGUARD ON DUTY
7:00 PM			NO LIFEGUARD ON DUTY				
8:00 PM				Adult Swim 8:00-9:00 PM	Adult Swim 8:00-9:00 PM	Adult Swim 8:00-9:00 PM	
9:00 PM							

Elite Indoor Pool Rules:

INDOOR LAP POOL by online reservation only

Must be 12 to swim without a parent during times with NO lifeguard on duty.

Must be 7 and a capable swimmer to swim without a parent during Guarded Family Swim times.

No one under the age of 12 is allowed in the whirlpool, even if a parent is present (includes all body parts.)

We do not supply lifejackets. Swimmers needing lifejackets are welcome to bring their own.

Large flotation devices may not be used except during special events.

Warm pool closed during group swim lesson times

Swim at your own risk when no lifeguard is present.

The whirlpool is meant to be an adult relaxation area. Please use proper behavior when in the whirlpool.

Please observe proper etiquette when swimming. Excessive splashing or noise should be avoided.

Our staff reserves the right to ask swimmers to move as needed based on lessons or special events. Private lessons or events may be scheduled at any time.

Pool schedule subject to change based on weather (outdoor pool activities may move indoors) or during holiday or school breaks. Please call the club on these days for more information.