Indoor Lap Pool

MONDAY

	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
Lane 1 (Chair Lift)												Swim Lesson			
Lane 2															
Lane 3															
Lane 4															
Lane 5															
Lane 6 (Windows)															

TUESDAY

	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
Lane 1 (Chair Lift)															
Lane 2															
Lane 3															
Lane 4															
Lane 5															
Lane 6 (Windows)															

WEDNESDAY

	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
Lane 1 (Chair Lift)												Swim Lesson			
Lane 2															
Lane 3															
Lane 4															
Lane 5															
Lane 6 (Windows)															

THURSDAY

	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
Lane 1 (Chair Lift)															
Lane 2															
Lane 3															
Lane 4															
Lane 5															
Lane 6 (Windows)															

FRIDAY

	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
Lane 1 (Chair Lift)															
Lane 2															
Lane 3															
Lane 4															
Lane 5															
Lane 6 (Windows)															

Indoor Lap Pool Hours

Mon - Fri	5am - 7:30pm
Sat - Sun	7am - 4:30pm

Saturday Lap Pool Schedule

	7:00	9:00	10:00	11:00	12:00	7:00+
Lane 1			WF			
Lane 2			10a-11a			
Lane 3						
Lane 4						
Lane 5	Swim Lesson					
Lane 6						

Sunday Lap Pool Schedule

	7:00	9:00	10:00	11:00	12:00	7:00+
Lane 1				WF		
Lane 2				11-12p		
Lane 3						
Lane 4						
Lane 5						
Lane 6						

The pool schedule is subject to change without notice due to staff availability, rentals or any other unforeseen emergencies.

Sparrow Michigan Athletic Club

Exercise Pool

MONDAY

5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
	WF				WF		Medical	Adult			Swim Lessons			
	6-7a				10a-11a		Swipe	13+ Only	5 spots for open swim during lessons					
							12-1p	1-2p						

TUESDAY

5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
				WF	WF		Adult							
				9-10a	10-11a		13+ Only							
							12-1p							

WEDNESDAY

5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
	WF				WF		Medical	Adult			Swim Lessons			
	6-7a				10-11a		Swipe	13+ Only	5 spots for open swim during lessons					
							12-1p	1-2p						

THURSDAY

5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
				WF	WF		Adult							
				9-10a	10-11a		13+ Only							
							12-1p							

FRIDAY

5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00+
				WF			Adult							
				9a-10a			13+ Only							
							12-1p							

The pool schedule is subject to change without notice due to staff availability, rentals or any other unforeseen emergencies.

Exercise Pool Hours

Mon - Fri					5am - 7:30pm
Sat - Sun					7am - 4:30pm
Adult Only		Mon-Fri			Mon-Fri
MAX Capacity		**must have a reservation**			

Exercise Pool Saturday Schedule

7:00	9:00	10:00	11:00	12:00	7:00+
Swim Lessons					
5 spots for open swim during lessons					

Exercise Pool Sunday Schedule

7:00	9:00	10:00	11:00	12:00	7:00+

Sparrow Michigan Athletic Club