

INDOOR POOL



GOLD'S AQUATICS | CAMAS

EFFECTIVE 8/22/2026

MON	TUE	WED	THU	FRI	SAT	SUN
5A - 5P LAP SWIM	5A - 8A LAP SWIM	5A - 10A LAP SWIM	5A - 8A LAP SWIM	5A - 10A LAP SWIM	7A - 9A LAP SWIM	7A - 12:30P LAP SWIM
	8A - 9A AQUA FITNESS NO LAP SWIM	10A - 11A AQUA FITNESS NO LAP SWIM	8A - 9A AQUA FITNESS NO LAP SWIM	10A - 11A AQUA FITNESS NO LAP SWIM	9A - 12P GOLD'S AQUATICS SWIM LESSONS NO LAP SWIM	
	9A - 4:30P LAP SWIM	11A - 5P LAP SWIM	9A - 4:30P LAP SWIM	11A - 9P LAP SWIM	12:30P - 4:30P FAMILY SWIM* ALL AGES LAP SWIM LIFEGUARD ON DUTY	12:30P - 4:30P FAMILY SWIM* ALL AGES LAP SWIM LIFEGUARD ON DUTY
					4:30P - 7P LAP SWIM	4:30P - 7P LAP SWIM
5P - 6:45P GOLD'S AQUATICS SWIM LESSONS NO LAP SWIM	4:30P - 6:45P GOLD'S AQUATICS SWIM LESSONS NO LAP SWIM	5P - 6:45P GOLD'S AQUATICS SWIM LESSONS NO LAP SWIM	4:30P - 6:45P GOLD'S AQUATICS SWIM LESSONS NO LAP SWIM			
6:45P - 9P LAP SWIM	6:45P - 9P LAP SWIM	6:45P - 9P LAP SWIM	6:45P - 9P LAP SWIM			

- LAP SWIM - AGES 18+ ONLY
- AQUA FITNESS
- GROUP SWIM LESSONS
- MEMBER FAMILY SWIM
ALL AGES LAP SWIM

*BRING A CHILD TO SWIM FOR FAMILY SWIM!
AGES 12+ PAY GUEST FEE
AGES 11&U PAY SWIM PASS \$10.00
PURCHASE AT FRONT DESK

OUTDOOR POOL



GOLD'S AQUATICS | CAMAS

MON	TUE	WED	THU	FRI	SAT	SUN
5A - 6A MASTERS		5A - 6A MASTERS		5A - 6A MASTERS	7:30A - 8:30A MASTERS	
6A - 8A RESERVED	6A - 8A RESERVED	6A - 8A RESERVED	6A - 8A RESERVED	6A - 8A RESERVED	8:30A - 12:30P GOLD'S AQUATICS SWIM TEAM	
10A - 11A MASTERS	10A - 11A MASTERS	10A - 11A MASTERS	10A - 11A MASTERS	10A - 11A MASTERS		
11A - 3P LAP SWIM	11A - 3P LAP SWIM	11A - 3P LAP SWIM	11A - 3P LAP SWIM			
3:30P - 8:30P GOLD'S AQUATICS SWIM TEAM	3:30P - 8:30P GOLD'S AQUATICS SWIM TEAM	3:30P - 8:30P GOLD'S AQUATICS SWIM TEAM	3:30P - 8:30P GOLD'S AQUATICS SWIM TEAM	3:30P - 8:30P GOLD'S AQUATICS SWIM TEAM		

- LAP SWIM - AGES 18+ ONLY
- GOLD'S AQUATICS MASTERS
- GOLD'S AQUATICS SWIM TEAM