

# MARCH 2024

## Aquatics Schedule



For more updates on our programs and events head to [www.thestcc.org](http://www.thestcc.org) and visit our Facebook page!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>▶ <b>Adult Lap</b></p> <p>▶ <b>Open Swim</b></p> <p>▶ <b>Aerobics</b></p> <p>▶ <b>Lessons</b></p>	<p><b>CALL:</b> 607-444-3354</p> <p>Schedules are subject to change. Please call ahead to confirm activities.</p>				<p><b>Adult lap:</b> 6:30 - 9:15 AM 11:30 AM - 1 PM</p> <p><b>Pool closed</b> 10:15 - 11:30 AM</p> <p><b>Cardio Splash:</b> 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 6:30 PM</p>	<p><b>Adult lap:</b> 8 - 10 AM</p> <p><b>Lessons:</b> 10 - 11:30 AM</p> <p><b>Open Swim/Laps:</b> 11:30 AM - 1 PM</p> <p><i>Closed for a private party: 1 - 2 PM</i></p>
<p><b>Open Swim/Laps:</b> 12 - 4 PM</p> <p><i>*Please note that birthday parties may be scheduled during this time</i></p>	<p><b>Adult lap:</b> 6:30 - 9:15 AM 11:30 AM - 1 PM</p> <p><b>Pool closed</b> 10:15 - 11:30 AM</p> <p><b>Cardio Splash:</b> 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 8:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 11:30 AM - 1 PM</p> <p><b>5:30 - 6:30 PM</b></p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 9:45 - 11:30 AM</p> <p><b>1 - 3:30 PM</b></p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 11:30 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 10:15 - 11:30 AM</p> <p><b>1 - 3:30 PM</b></p> <p><b>Open Swim/Laps:</b> 3:30 - 8:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 9:45 AM - 1 PM 5:30 - 6:30 PM</p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p> <p><b>Aqua Fit:</b> 5:30 - 6:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 6:30 PM</p>	<p><b>Adult lap:</b> 8 - 10 AM</p> <p><b>Lessons:</b> 10 AM - 12 PM</p> <p><i>Closed for a private party: 12:30 - 1:30 PM</i></p> <p><b>Open Swim/Laps:</b> 1:30 - 3 PM</p> <p><i>Closed for a private party: 3 - 4 PM</i></p>
<p><b>Open Swim/Laps:</b> 12 - 2 PM</p> <p><i>Closed for a private party: 2 - 3 PM</i></p> <p><i>Closed for a private party: 3 - 4 PM</i></p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5 PM 7:15 - 8:30 PM</p> <p><b>Lessons:</b> 5 - 7:15 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 9:45 AM - 1 PM</p> <p><b>5:30 - 6:30 PM</b></p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5 PM 7:15 - 8:30 PM</p> <p><b>Lessons:</b> 5 - 7:15 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 9:45 AM - 1 PM 5:30 - 6:30 PM</p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p> <p><b>Aqua Fit:</b> 5:30 - 6:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 11:30 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 10:15 - 11:30 AM</p> <p><b>1 - 3:30 PM</b></p> <p><b>Open Swim/Laps:</b> 3:30 - 6:30 PM</p>	<p><b>Adult lap:</b> 8 - 10 AM</p> <p><b>Lessons:</b> 10 AM - 12 PM</p> <p><b>Open Swim/Laps:</b> 12:15 - 3 PM</p> <p><i>Closed for a private party: 3 - 4 PM</i></p> <p><i>*Please note that birthday parties may be scheduled during this time</i></p>
<p><b>Open Swim/Laps:</b> 12 - 1 PM</p> <p><i>Closed for a private party: 1 - 2:30 PM</i></p> <p><b>Open Swim/Laps:</b> 2:30 - 4 PM</p> <p><i>*Please note that birthday parties may be scheduled during this time</i></p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5 PM 7:15 - 8:30 PM</p> <p><b>Lessons:</b> 5 - 7:15 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 9:45 AM - 1 PM</p> <p><b>5:30 - 6:30 PM</b></p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5 PM 7:15 - 8:30 PM</p> <p><b>Lessons:</b> 5 - 7:15 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 9:45 AM - 1 PM</p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p> <p><b>No Aqua Fit tonight!</b></p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 6:30 PM</p>	<p><b>Adult lap:</b> 8 - 10 AM</p> <p><b>Lessons:</b> 10 AM - 12 PM</p> <p><b>Open Swim/Laps:</b> 12:15 - 4 PM</p> <p><i>*Please note that birthday parties may be scheduled during this time</i></p>
<p><i>Closed for a private party: 12:15 - 1:15 PM</i></p> <p><b>Open Swim/Laps:</b> 1:15 - 4 PM</p> <p><i>*Please note that birthday parties may be scheduled during this time</i></p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5 PM 7:15 - 8:30 PM</p> <p><b>Lessons:</b> 5 - 7:15 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 9:45 AM - 1 PM</p> <p><b>5:30 - 6:30 PM</b></p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p>	<p><b>Adult lap:</b> 6:30 - 7:30 AM 8:30 - 9:15 AM 10:15 AM - 1 PM</p> <p><b>Cardio Splash:</b> 7:30 - 8:30 AM 9:15 - 10:15 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5 PM 7:15 - 8:30 PM</p> <p><b>Lessons:</b> 5 - 7:15 PM</p>	<p><b>Adult lap:</b> 6:30 - 8:45 AM 9:45 AM - 1 PM</p> <p><b>Cardio Splash:</b> 8:45 - 9:45 AM</p> <p><b>Pool closed</b> 1 - 3:30 PM</p> <p><b>Open Swim/Laps:</b> 3:30 - 5:30 PM 6:30 - 8:30 PM</p> <p><b>Aqua Fit:</b> 5:30 - 6:30 PM</p>	<h1>STCC Closed</h1>	
<p><b>Closed</b></p>						<p><b>Adult lap:</b> 8 - 10 AM</p> <p><b>Open Swim/Laps:</b> 10 AM - 3 PM</p> <p><i>*Please note that birthday parties may be scheduled during this time</i></p>

