

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	SWIM TEAM (5:15-7:00am) 2 Lanes	SWIM TEAM (5:15-7:15am) FULL	SWIM TEAM (5:15-7:00am) 2 Lanes	SWIM TEAM (5:15-7:15am) FULL	SWIM TEAM (5:15-7:00am) 2 Lanes	SWIM TEAM (5:30-8:00am) FULL	SWIM TEAM (5:30-8:00am) FULL
9:00 AM						Swim Lessons (9:00-1:30pm) 2 Lanes	Swim Lessons (9:00-1:30pm) 1 Lane
1:30 PM						SWIM TEAM (1:30-6:00pm) FULL	SWIM TEAM (1:30-6:00pm) FULL
3:30 PM	SWIM TEAM (3:30-5:00pm) FULL (5:00-5:30pm) 2 Lanes		SWIM TEAM (3:30-5:00pm) FULL (5:00-5:30pm) 2 Lanes		SWIM TEAM (3:30-5:30pm) FULL (5:30-6:30pm) 2 Lanes	 <p>960 Cumberland Ave, Burlington 905-632-4800 www.cedarspringsclub.com CLUB HOURS Monday-Friday 5am-10pm Saturday & Sunday 6am-7pm</p> <p>*Holiday Hours Posted on Website</p>	
4:00 PM		SWIM TEAM (4:00-6:00pm) 2 Lanes (6:00-6:15pm) 1 Lane		SWIM TEAM (4:00-6:00pm) 2 Lanes (6:00-6:15) 1 Lane			
5:00 PM	Swim Lessons (5:00-8:00pm) 1 Lane	Swim Lessons (4:00-8:00pm) 1 Lane	Swim Lessons (5:00-8:00pm) 2 Lanes	Swim Lessons (4:00-8:00pm) 1 Lane			
6:30 PM		Swim Lessons (6:00-8:00pm) 1 Lane		Bronze Star (6:00-8:00pm) 1 Lane			
7:00 PM							
7:30 PM	JTOEST (7:30-8:30pm) 2 Lanes					JTOEST (7:30-8:30pm) FULL	
8:00 PM			SWIM TEAM (8:00-9:00pm) 2 Lanes				

** Lap Pool Unavailable During Times Above

** Registration for Lap Pool is Required - Book Through Front Desk

** Two People Per Lane

Revised Jan 5th, 2022
(As of Jan 6th)