

OUTDOOR SWIMMING POOLS AT COURTSPORTS IN SPRINGFIELD



LAP POOL	OPEN YEAR ROUND ADULTS ONLY
TWO LAP LANES—RESERVED FOR SERIOUS SWIMMERS, WALKERS AND JOGGERS AT ALL TIMES.	TEMPERATURE 79° 25 YARDS LONG 35 LAPS = 1 MILE 4'6" DEEP AT THE DEEPEST POINT

THERAPY POOL	OPEN YEAR ROUND ADULTS ONLY
THE PERFECT ENVIRONMENT FOR EXERCISERS WITH OSTEOARTHRITIS (HIP, KNEE, ANKLE) AND FIBROMYALGIA. ALSO GREAT FOR POST-OP REHABILITATION, SPINE STABILIZATION, GAIT TRAINING AND SPORTS REHABILITATION.	TEMPERATURE 90 DEGREES MAY – OCTOBER TEMPERATURE 100 DEGREES NOVEMBER – APRIL

FAMILY POOL				OPEN MAY 24—SEPTEMBER 30		
SWIMMERS OF ALL AGES				TEMPERATURE 85 DEGREES 3'5" - 6'6" DEEP		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT SWIM 5am—10:30am					ADULT SWIM 8am—10:30am	
AQUA FIT 10:30am—11:30am Start June 1			AQUA FIT 10:30am—11:30am Start June 1			AQUA FIT 10:30am—11:30am Start June 1
FAMILY SWIM 11:30am—10pm	FAMILY SWIM 10:30am—10pm	FAMILY SWIM 11:30am—10pm	FAMILY SWIM 10:30am—10pm	FAMILY SWIM 10:30am—10pm	FAMILY SWIM 11:30am—4:30pm	FAMILY SWIM 12—8pm

Aqua-Fit: Our classes are carefully designed to promote total body fitness in a low impact, but challenging environment. Most class time is spent in the deep water using Aquajogger® floatation belts. All classes are easily adapted to suit all fitness levels.

Family Swim: A fun, participatory activity for the whole family. Parents are responsible for their children and must actively supervise them at all times.

Adult Swim: No person under age 18 may be in the pool area.

Lap Pool: 18 & over. Ask management about exceptions.

*The Springfield Club will be closed for annual Maintenance Week Monday, May 17th—Sunday May 23rd.

*Holiday Hours 12pm—4pm on Memorial Day May 31st, July 4th, and Labor Day September 6th.