

# Elmendorf Aquatics

## *Fitness Pool Hours*

### **Monday & Wednesday**

6 – 9:30 AM Lap Swim

9:30 AM – 1 PM Limited Lap Swim/Splash Time

### **Tuesday & Thursday**

9:30 – 11 AM Unit PT/Military Training  
by Reservation Only

11 AM – 1 PM Limited Lap Swim

### **Friday**

6 AM – 9:30 AM Lap Swim

9:30 AM – 1 PM Limited Lap Swim/Splash Time

3:30 – 5:30 PM Lap Swim

6:00 – 8:00 PM Open Swim

### **Saturday & Sunday**

8:00 AM – 2:00 PM Lap Swim

*Fitness Access Required Ages 18+ Only*