

SANTA CLARA MASTERS – CURRENT SCHEDULE –  
BEGINS 02-05-2019 Ends 02-28-2019

(revised on 01/31)

(Main Pool at ISC will be set to SCY-25yard length)

\*Course Set Up Occasionally Changes to LCM 50 Meter  
During School Holiday Periods.

All other pools are 25 yards.

**SCSC MASTERS MEMBERSHIP LAP SWIM Week Day Mornings: At Main Pool ISC Mon, Tue, Thu, Fri**

4:45 AM Opens Lap Swim Available 4:45 – 7:55 Main Pool (from 4:45 to 5:55 all lanes available for lap; from 5:55 to 6:45 am only the outer 2 pools are available for Member Lap Swim. From 6:45 AM to 7:55 AM, several lanes are available for Member Lap Swim in Main Pool.

(Age Group Team use left side lanes at 5:30 AM and end at 6:45 AM – MON TUE THU FRI)

6:45 – 7:55 AM Lap Swim reopens in Main Pool (\* after Kids workout ends at 6:45 am, Main pool is open for lap swim until 7:55 AM, please exit pool at 7:55 am)

**Gold Elite Morning Workout – MON, TUE, THU, FRI, at MAIN POOL ISC**

6:00 – 7:15 AM Gold Elite Work Out Main Pool (use lanes closest to diving well to middle ladder in Main Pool)

**Base Workout Morning Group: Mon Tue Thu Fri AM's at ISC and Wed AM At Mary Gomez Park Pool (Monday through Friday)**

6:45 – 7:45 AM Base Work Out – uses lanes on right side of main pool (after age group exits)

**Noon Time Masters Programming – Training Pool at ISC – Mon-Wed-Fri**

11:30 AM to 12:30 PM Instructional Masters Class

12:15 to 1:30 PM Base Work Out

- The City of Santa Clara, which is separate from the swim club, runs an open lap swim from 12-1:30 PM Monday through Friday – it has a daily fee requirement – the info can be found on the City’s website under Parks and Recreation Department/Pools.

**Evenings: Main Pool at ISC – Mon-Tue-Wed-Thu (Locker Rooms and Front Door closes at 9 PM)**

7:05 PM to 8:15 PM Combined Gold/Base Work Out Groups and Member Lap Swim (Please exit all pool by 8:15 PM – Help with Covering the pool during Winter, covering begins at 8:15 PM)

**Evenings: Training Pool at ISC – Monday and Wednesday**

7:30 PM to 8:30 PM Instructional Class

**Weekends**

**Sat** 10-11:30 AM Base Work Out and Member Lap Swim

**Sun** 9 – 10:30 AM Base Work Out and Member Lap Swim