Days of the Week:	Soldiers Field House Pool, BLD 3236 (2 nd Division Drive) 253-967-5390	McChord Outdoor Pool, BLD 736 (5 th Street) 253-982-2807
Monday & Wednesday	0500-0630 Lap Swim 0630-1200 Scheduled Military Training • (Reservation form available at:	1000-1100 Lap Swim (6 Lanes) and Wading Pool 1100-1800 Lap (2 Lanes) and Recreation Swim
Tuesday & Thursday	0500-0630 Lap Swim 0630-1200 Scheduled Military Training ■ (Reservation form available at https://jblm.armymwr.com/programs/aquatics) 1200-1300 Lap Swim 1300-1530 MAMC Physical Therapy 1530-1710 Youth Swim Lessons (Registration Required) 1715-1930 Lap and Recreation Swim	1000-1100 Lap Swim (6 Lanes) and Wading Pool 1100-1800 Lap (2 Lanes) and Recreation Swim
Friday	0500-0730 Lap Swim 0730-0830 Pregnancy PT (P3T) & TBI 0830-0930 Lap Swim 0930-1030 Water Aerobics (Laps Available in Deep End) 10301300 Lap Swim 1300-1930 Lap and Recreation Swim	1000-1100 Lap Swim (6 Lanes) and Wading Pool 1100-1800 Lap (2 Lanes) and Recreation Swim
Saturday	1000-1140 Youth Swim Lessons (Registration Required) 1200-1800 Lap and Recreation Swim	1000-1100 Lap Swim (6 Lanes) and Wading Pool 1100-1800 Lap (2 Lanes) and Recreation Swim
Sunday/Holiday/DONSA	1000-1800 Lap and Recreation Swim	1000-1100 Lap Swim (6 Lanes) and Wading Pool 1100-1800 Lap (2 Lanes) and Recreation Swim

https://jblm.armymwr.com/programs/aquatics