Vanderbilt Recreation & Wellness Center’s Natatorium hours are subject to change pending facility hours, staff scheduling, events and reservations. Please feel free to contact the VRWC Welcome Desk (615-343-6627) for pool hours and lane availability. Vanderbilt users can also access Virtual EMS to view specific lane availability and reservations.

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</tbody>
</table>
| Water Polo 1-3p (lanes 0-7) | Club Swim 6:30-8a (lanes 1-5)  
USN 4-5:30p (lanes 1-3)  
SCA 4-5:30p (lane 4)  
FRHS 4-5:30p (lanes 5-7)  
Swim School 4-5:30p (shallow)  
Club Swim 7:30-9p (lanes 1-5) | Club Swim 6:30-8a (lanes 1-5)  
USN 4-5:30p (lanes 1-3)  
SCA 4-5:30p (lane 4)  
FRHS 4-5:30p (lanes 5-7)  
Swim School 4-5:30p (shallow)  
Club Swim 7:30-9p (lanes 1-5) | Club Swim 6:30-8a (lanes 1-5)  
USN 4-5:30p (lanes 1-3)  
SCA 4-5:30p (lane 4)  
FRHS 4-5:30p (lanes 5-7)  
Swim School 4-5:30p (shallow)  
Club Swim 7:30-9p (lanes 1-5) | FRHS 4-5:30p (lanes 1-3)  
Water Polo 7:15-9p (lanes 0-8)  
Swim School 4-4:30p (shallow)  
Rowing 7:30-8:30p (lanes 11-15) | Club Swim 6:30-8a (lanes 1-5)  
USN 4-5:30p (lanes 1-3)  
SCA 4-5:30p (lane 4)  
FRHS 4-5:30p (lanes 5-7)  
Swim School 4-5:30p (shallow)  
Club Swim 7:30-9p (lanes 1-5) | Varsity 8-9am (lanes 5-12)  
Club Swim 9-10:30a (lanes1-8) |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| Water Polo 1-3p (lanes 0-7)  
Sweetwater 3-5p (lane 1)  
Sweetwater 3-4p (lane 15) | Club Swim 6:30-8a (lanes 1-5)  
Swim School 4-4:30p (shallow)  
Club Swim 7:30-9p (lanes 1-4) | Club Swim 6:30-8a (lanes 1-5)  
Water Polo 7:15-9p (lanes 0-8)  
Kayak Roll 7-9p(13-15, Shallow) | Club Swim 6:30-8a (lanes 1-5)  
Swim School 4-4:30p (shallow)  
Kayak Roll 7-9p(13-15, Shallow) | Club Swim 6:30-8a (lanes 1-5)  
Swim School 4-4:30p (shallow)  
Kayak Roll 7-9p(13-15, Shallow) | Club Swim 6:30-8a (lanes 1-5)  
USN 4-5:30p (lanes 1-3)  
LG Course 5:30-7p (lanes 0-1)  
Water Polo 7:15-9p (lanes 0-8)  
LG Course 7-9p (shallow) | Club Swim 9-10:30a (lanes1-8)  
LG Course 9-4p (lane 0, shallo) |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| Water Polo 1-3p (lanes 0-7) | Club Swim 6:30-8a (lanes 1-5)  
Swim School 4-4:30p (shallow)  
Club Swim 7:30-9p (lanes 1-4) | Swim School 4-4:30p (shallow)  
Water Polo 7:15-9p (lanes 0-8)  
Kayak Roll 7-9p(13-15, Shallow) | Swim School 4-4:30p (shallow)  
Water Polo 7:15-9p (lanes 0-8)  
Kayak Roll 7-9p(13-15, Shallow) | Swim School 4-4:30p (shallow)  
Water Polo 7:15-9p (lanes 0-8)  
Kayak Roll 7-9p(13-15, Shallow) | Club Swim 6:30-8a (lanes 1-5)  
Swim School 4-4:30p (shallow)  
Kayak Roll 7-9p(13-15, Shallow) | Club Swim 9-10:30a (lanes1-8) |
| 24  | 25  | 26  | 27  | 28  |     |     |
| Water Polo 1-3p (lanes 0-7) | Club Swim 6:30-8a (lanes 1-5)  
Swim School 4-4:30p (shallow)  
Club Swim 7:30-9p (lanes 1-4) | Swim School 4-4:30p (shallow)  
Brentwood 5:30-7p (lanes 0-6)  
Water Polo 7:15-9p (lanes 0-8)  
Kayak Roll 7-9p(13-15, Shallow) | Swim School 4-4:30p (shallow)  
Brentwood 5:30-7p (lanes 0-6)  
Water Polo 7:15-9p (lanes 0-8)  
Kayak Roll 7-9p(13-15, Shallow) | Swim School 4-4:30p (shallow)  
Brentwood 5:30-7p (lanes 0-6)  
Water Polo 7:15-9p (lanes 0-8)  
Kayak Roll 7-9p(13-15, Shallow) |     |     |
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<td>Club Swim 6:30-8a (lanes 1-5)</td>
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<td>Music City Triathlon 10-2p (lanes 0-15)</td>
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<tr>
<td>Pool Hours: 1-4pm</td>
<td>Pool Hours: 11:30a-3:30p</td>
<td>Pool Hours: 11:30a-3:30p</td>
<td>Pool Hours: 11:30a-3:30p</td>
<td>Pool Hours: 11:30a-3:30p</td>
<td>Pool Closes at 7pm</td>
<td>POOL CLOSED</td>
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<tr>
<td>Resume normal hours</td>
<td>Club Swim 6:30-8a (lanes 1-5) Pool Hours: 11:30a-3:30p</td>
<td>Swim School 4-4:30p (shallow) Brentwood 5:30-7p (lanes 0-6) Water Polo 7:15-9p (lanes 0-8) Kayak Roll 7-9p(13-15, Shallow)</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) Club Swim 7:30-9p (lanes 1-4)</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) Club Swim 7:30-9p (lanes 1-5)</td>
<td>Pool Hours: 11:30a-3:30p</td>
<td>Pool Hours: 9a-2p Masters 9-10:30a (lanes 1-8)</td>
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<tr>
<td>Water Polo 1-3p (lanes 0-7) Sweetwater 3-5p (lane 1) Sweetwater 3-4p (lane 15)</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) Club Swim 7:30-9p (lanes 1-4)</td>
<td>Swim School 4-4:30p (shallow) Water Polo 7:15-9p (lanes 0-8) Kayak Roll 7-9p(13-15, Shallow)</td>
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<td>Swim School 4-4:30p (shallow) Brentwood 5:30-7p (lanes 0-6) Water Polo 7:15-9p (lanes 0-8)</td>
<td>Club Swim 6:30-8a (lanes 1-5)</td>
<td>Club Swim 9-10:30a (lanes1-8) Sweetwater 10:30-1p (lane 1 &amp; 15) Brentwood 1-2:30p (lanes 0-6) Sweetwater 3-4p (lane 1 &amp; 15)</td>
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<td>Water Polo Tournament 11a-5:30p (lanes 0-12)</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) Club Swim 7:30-9p (lanes 1-4)</td>
<td>Swim School 4-4:30p (shallow) Water Polo 7:15-9p (lanes 0-8) Kayak Roll 7-9p(13-15, Shallow)</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) Club Swim 7:30-9p (lanes 1-5)</td>
<td>Swim School 4-4:30p (shallow) Club Swim 7:30-9p (lanes 1-5) Water Polo 7:15-9p (lanes 0-8)</td>
<td>Club Swim 6:30-8a (lanes 1-5)</td>
<td>Club Swim 9-10:30a (lanes1-8) Brentwood 1-2:30p (lanes 0-6)</td>
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<td>POOL CLOSED</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) FRHS 3:45-5:20p (lanes 4-7) Swim School 4-4:30p (shallow) Club Swim 7:30-9p (lanes 1-4)</td>
<td>Swim School 4-4:30p (shallow) FRHS 3:45-5:20p (lanes 4-6) Brentwood 5:30-7p (lanes 0-6) Water Polo 7:15-9p (lanes 0-8) Kayak Roll 7-9p(13-15, Shallow)</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) FRHS 3:45-5:20p (lanes 4-6) Brentwood 5:30-7p (lanes 0-6) Water Polo 7:15-9p (lanes 0-8)</td>
<td>Club Swim 6:30-8a (lanes 1-5) Swim School 4-4:30p (shallow) FRHS 3:45-5:20p (lanes 4-6) Brentwood 5:30-7p (lanes 0-6) Water Polo 7:15-9p (lanes 0-8)</td>
<td>Club Swim 6:30-8a (lanes 1-5)</td>
<td>Club Swim 9-10:30a (lanes1-8) Brentwood 1-2:30p (lanes 0-6)</td>
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<td>Water Polo 1-3p (lanes 0-7)</td>
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