

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|------------|--|------------------------------------|---------------------------------------|--|----------------------------------|------------------------------------|--|--|
| 5:30 a.m. | | | | | | | | |
| 6:00 a.m. | | | | | | | | |
| 6:30 a.m. | | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim | | |
| 7:00 a.m. | | | | | | | | |
| 7:30 a.m. | | | | | | | | |
| 8:00 a.m. | Adult Swim | | Physical Therapy & Adult Swim | Physical Therapy & Adult Swim | Physical Therapy & Adult Swim | Physical Therapy & Adult Swim | | |
| 8:30 a.m. | | Physical Therapy & Adult Swim | | | | | | |
| 9:00 a.m. | | | | | | | | |
| 9:30 a.m. | | | | | | | | |
| 10:00 a.m. | | | | | | | | |
| 10:30 a.m. | | Aquacise 10:15 – 11:05 ENTIRE POOL | | Aquacise 10:15 – 11:05 ENTIRE POOL | | Aquacise 10:15 – 11:05 ENTIRE POOL | | |
| 11:00 a.m. | | | | | | | | |
| 11:30 a.m. | Ai Chi 11:15 – 12:05 3-lanes | Fluid Moves 11:30 – 12:20 3-lanes | Cardio Abs Deep 11:30 – 12:20 3-lanes | Fluid Moves 11:30 – 12:20 3-lanes | Deeply Fit 11:30 – 12:20 3-lanes | Fluid Moves 11:30 – 12:20 3-lanes | | |
| 12:00 p.m. | | | | | | | | |
| 12:30 p.m. | | | | | | | Adult Swim | |
| 1:00 p.m. | | | | | | | | |
| 1:30 p.m. | | | Physical Therapy & Adult Swim | | Physical Therapy & Adult Swim | | | |
| 2:00 p.m. | | Physical Therapy & Adult Swim | | Physical Therapy & Adult Swim | | Physical Therapy & Adult Swim | | |
| 2:30 p.m. | | | | | | | | |
| 3:00 p.m. | Family Swim All Ages 2:30 – 4:30 3-Lanes | | | | | | | |
| 3:30 p.m. | | | | | | | Family Swim All Ages 2:30 – 4:30 3-Lanes | |
| 4:00 p.m. | | | S.L. 1-lane | | S.L. 1-lane | | | |
| 4:30 p.m. | | | | | | | | |
| 5:00 p.m. | NOTE: Lane Sharing is required during busy times. | S.L. 3-lanes | | | | | | |
| 5:30 p.m. | | Aqua S.M.I.L.E 5:30-6:20 3-lanes | | S.L. 2-lanes | S.L. 2-lanes | Aqua S.M.I.L.E 5:30-6:20 3-lanes | | |
| 6:00 p.m. | | | | | | | Family Swim All Ages 5:30 – 7:30 3-Lanes | |
| 6:30 p.m. | | | S.L. 3-lanes | | | | | |
| 7:00 p.m. | | | | Family Swim All Ages 6:30 – 8:30 3-lanes | | | | |
| 7:30 p.m. | | | | | | | | |
| 8:45 p.m. | | | | | | | | |

Aquatic Classes
Physical Therapy Adult Swim (Lane Share)
Family Swim Time
Swim Lessons (S.L.) Group / Private

NOTE: Family Swim & Swim Lesson times all ages are allowed in the pool.

January 2025 Lap Pool

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--|--|--|-----------------------------------|---|--------------------------------------|----------------------------------|
| 5:30 a.m. | | Ursuline Swim Team 2-lanes | | Ursuline Swim Team 2-lanes | | Ursuline Swim Team 2-lanes | |
| 6:00 a.m. | | | | | | | |
| 6:30 a.m. | | | | | | | |
| 7:00 a.m. | | Open | Open | Open | Aqua Strong Boards** 7:30-8:45 4-lanes | Open | Open |
| 7:30 a.m. | | | | | | | |
| 8:00 a.m. | Open | | | | | | |
| 8:30 a.m. | | | | | | | |
| 9:00 a.m. | | | | | | | |
| 9:30 a.m. | | Deeply Fit 9:30 – 10:20 4-lanes | Deeply Fit 9:30 – 10:20 4-lanes | Deeply Fit 9:30 – 10:20 4-lanes | Deeply Fit 9:30- 10:20 4-lanes | Deeply Fit 9:30 – 10:20 4-lanes | |
| 10:00 a.m. | | | | | | | Deeply Fit 10:15 – 11:05 4-lanes |
| 10:30 a.m. | | Aqua Strong Boards** 10:20-11:30 4-lanes | Aquabatas 10:30 - 11:20 4-lanes | Open | Open | Open | |
| 11:00 a.m. | | | | | | | |
| 11:30 a.m. | | | | | | | |
| 12:00 p.m. | | | | | | | |
| 12:30 p.m. | | | | | | | |
| 1:00 p.m. | | | | | | | |
| 1:30 p.m. | | | Aqua Strong Boards** 1:30-2:45 4-lanes | | | | |
| 2:00 p.m. | | | | | | | |
| 2:30 p.m. | | | | | | | |
| 3:00 p.m. | Open (Close 4:45 p.m.) | Open | Open | Open | Open | Open | Open (Close 4:45 p.m.) |
| 3:30 p.m. | | | | | | | |
| 4:00 p.m. | | | | | | Ursuline Swim Team 4:00-5:30 2-lanes | |
| 4:30 p.m. | | | | | | | |
| 5:00 p.m. | | | | | | | |
| 5:30 p.m. | | | | Extreme Power 5:30 – 6:20 4-lanes | | | |
| 6:00 p.m. | NOTE: Lane Sharing is required during busy times. | S.L. 2-lanes | | | | | |
| 6:30 p.m. | | | Power Waves 6:30 – 7:20 4-lanes | S.L. 2-lanes | Deeply Fit 6:30 – 7:20 4-lanes | | |
| 7:00 p.m. | | | | | | | |
| 7:30 p.m. | | | | | | | |
| 8:45 p.m. | | Open | Open | Open | Open | Open | ** Fee Based 4-lanes |
| Aquatic Classes | | Open Swim (All Ages) Lane Share | Swim Lessons (S.L.) Group / Private | Ursuline Academy Swim Team | Four lanes will be used for classes. Max class size is 30 participants. | | |