

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	Physical Therapy & Adult Swim		Physical Therapy & Adult Swim		Physical Therapy & Adult Swim	Family Swim All Ages 2:30 – 4:30 3-Lanes
3:30 p.m.			S.L. 1-lane		S.L. 1-lane		
4:00 p.m.							
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		Aqua S.M.I.L.E 5:30-6:20 3-lanes	
6:00 p.m.							
6:30 p.m.							Family Swim All Ages 5:30 – 7:30 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.



December 2024

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.							
7:30 a.m.		Open	Open	Open	Aqua Strong Boards** 7:30-8:45 4-lanes	Open	Open
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.							
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.							
4:30 p.m.						Ursuline Swim Team 4:00-5:30 2-lanes	
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.						
6:30 p.m.			Power Waves 6:30 – 7:20 4-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.
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