

April 2025

# Warm Water Pool

| Time            | Sunday   | Monday                                   | Tuesday                                    | Wednesday                                | Thursday   | Friday   | Saturday       |   |                                       |
|-----------------|--|--|--|--|--|--|----------------|---|---------------------------------------|
| 5:30 a.m.       |  | Adult Swim                               | Adult Swim                                 | Adult Swim                               | Adult Swim   | Adult Swim   |                |   |                                       |
| 6:00 a.m.       |  |  |  |  |  |  |                |   |                                       |
| 6:30 a.m.       |  |  |  |  |  |  |                |   |                                       |
| 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  | Physical Therapy & Adult Swim                      |                |   |                                       |
| 8:30 a.m.       |  |  |  |  |  |  |                |   |                                       |
| 9:00 a.m.       |  |  |  |  |  |  |                |   |                                       |
| 9:30 a.m.       |  |  |  |  |  |  |                |   |                                       |
| 10:00 a.m.      |  |  |  |  |  |  |                |   |                                       |
| 10:30 a.m.      | Ai Chi<br>11:15 – 12:05<br>3-lanes                   | Aquacise<br>10:15 – 11:05<br>ENTIRE POOL |  | Aquacise<br>10:15 – 11:05<br>ENTIRE POOL |  | Aquacise<br>10:15 – 11:05<br>ENTIRE POOL           |                |   |                                       |
| 11:00 a.m.      |  |  |  |  |  |  |                |   |                                       |
| 11:30 a.m.      |  | Fluid Moves<br>11:30 – 12:20<br>3-lanes  | Dual Depth<br>11:30 – 12:20<br>ENTIRE POOL | Fluid Moves<br>11:30 – 12:20<br>3-lanes  | Dual Depth<br>11:30 – 12:20<br>ENTIRE POOL                                     | Fluid Moves<br>11:30 – 12:20<br>3-lanes            |                |   |                                       |
| 12:00 p.m.      |  |  |  |  |  |  |                |   |                                       |
| 12:30 p.m.      |  |  | Physical Therapy & Adult Swim              | Physical Therapy & Adult Swim            | Physical Therapy & Adult Swim  | Physical Therapy & Adult Swim                      |                | Adult Swim  |                                       |
| 1:00 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 1:30 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 2:00 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 2:30 p.m.       | Family Swim<br>All Ages<br>2:30 – 4:30<br>3- Lanes   |  |  |  |  |  | S.L.<br>1-lane |   | S.L.<br>1-lane                        |
| 3:00 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 3:30 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 4:00 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 4:30 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 5:00 p.m.       | NOTE:<br>Lane Sharing is required during busy times. | S.L. 3-lanes                             | S.L. 2-lanes                               | S.L. 2-lanes                             | Aqua S.M.I.L.E<br>5:30-6:20<br>3-lanes   | Family Swim<br>All Ages<br>5:30 – 7:30<br>3- Lanes |                |   |                                       |
| 5:30 p.m.       |  | Aqua S.M.I.L.E<br>5:30-6:20<br>3-lanes   |  |  |  |  |                |   |                                       |
| 6:00 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 6:30 p.m.       |  | S.L. 3-lanes                             |  |  |  |  |                | Family Swim<br>All Ages<br>6:30 – 8:30<br>3-lanes | Cardio Splash<br>6:30-7:20<br>3-lanes |
| 7:00 p.m.       |  |  |  |  |  |  |                |   |                                       |
| 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 <i>all ages</i> are allowed in the pool. |  |                |   |                                       |

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Swim Lessons may occur outside designated times.

April 2025

# Lap Pool

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