December 2025

Warm Water Pool

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.			Physical	Physical	Physical	Physical Therapy	
8:30 a.m.		Physical Therapy	Therapy &	Therapy &	Therapy &	& Adult Swim	
9:00 a.m.	A L 11 G 1	ક Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
9:30 a.m.	Adult Swim	Adult Swim					
10:00 a.m.		Aguacica]	Aquacise	Group Swim Lessons
10:30 a.m.		Aquacise 10:15 – 11:05 ENTIRE POOL		Aquacise 10:15 – 11:05		10:15 – 11:05 ENTIRE POOL	3-lanes
11:00 a.m.	Ai Chi	ENTIRE POOL		ENTIRE POOL		ENTIRE POOL	
11:30 a.m.	11:15 - 12:05 3-lanes	Fluid Moves	Dual Depth	Fluid Moves	Dual Depth	Fluid Moves	
12:00 p.m.		11:30 — 12:20 3-lanes	11:30 – 12:20 ENTIRE POOL	11:30 – 12:20 3-lanes	11:30 - 12:20 ENTIRE POOL	11:30 – 12:20 3-lanes	
12:30 p.m.							Adult Swim
1:00 p.m.			Physical	Physical	Physical		
1:30 p.m.			Therapy	Therapy &	Therapy		
2:00 p.m.		Physical	Adult Swim	Adult Swim	Adult Swim	Physical	
2:30 p.m.		Therapy &				Therapy &	
3:00 p.m.	Family Swim	Adult Swim				Adult Swim	Family Swim
3:30 p.m.	All Ages 2:30 – 4:30		6.1		S.L.		All Ages 2:30 – 4:30
4:00 p.m.	3- Lanes		S.L. 1-lane	S.L. 1-lane	1-lane		3- Lanes
4:30 p.m.							
5:00 p.m.		Group S.L. 3-lanes					
5:30 p.m.	NOTE	Aquacise 5:30-6:20		S.L. 2-lanes	Aquacise 5:30-6:20		
6:00 p.m.	NOTE: Lane Sharing is	3-lanes	S.L. 2-lanes	E talles	3-lanes	Family Swim All Ages	
6:30 p.m.	required during busy times.	Group Swim Lessons ^{3-lanes}	Family Swim All Ages 6:30 – 8:30 3-lanes	Cardio Splash 6:30-7:20 3-lanes		5:30 — 7:30 3- Lanes	
7:00 p.m.							
7:30 p.m. 8:45 p.m.							
Aquatic Classes Physical Therapy Adult Swim (Lane Share) Adult Swim (Lane Share) Adult Swim (Lane Share) Adult Swim (Lane Share) Swim Lessons (S.L.) Group / Private NOTE: Family Swim & Swim Lesson times all ages are allowed and swim ages are allo						are allowed in the pool.	

Follow us on Social Media:





December 2025 Lap Pool

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		Ursuline Swim		Ursuline Swim		Ursuline Swim	
6:00 a.m.		Team 2-lanes		Team		Team 2-lanes	
6:30 a.m.				2-lanes		2-taries	
7:00 a.m.							
7:30 a.m.		Open	0	Open	Aqua Strong Boards**	Open	Open
8:00 a.m.			Open		7:30-8:45 4-lanes		
8:30 a.m.							
9:00 a.m.	Open						
9:30 a.m.	opo	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.							December 5th
10:30 a.m.		Aqua Strong	Aquabatas				Deeply Fit 10:15 – 11:05 4-lanes
11:00 a.m.		Boards** 10:20-11:30	10:30 - 11:20 4-lanes	Open	Open	Open	
11:30 a.m.		4-lanes					
12:00 p.m.							
12:30 p.m.							
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.							Onon
3:00 p.m.	Open (Close 4:45 p.m.)	Open	TH Master Swim	Open	TH Master Swim	Open	Open (Close 4:45 p.m.)
3:30 p.m.	(Close 4:45 p.m.)		2- lanes		2- lanes		
4:00 p.m.							
4:30 p.m.							
5:00 p.m.		Constant Control					
5:30 p.m.	NOTE	Group Swim Lessons 2-lanes		Extreme Power			
6:00 p.m.	NOTE: Lane Sharing is			5:30 — 6:20 4-lanes			
6:30 p.m.	required during busy times.		Power Waves 6:30 – 7:20 4-lanes		Deeply Fit 6:30 – 7:20		
7:00 p.m.				TH Master Swim	4-lanes		
7:30 p.m.				3- lanes			** Fee Based 4-lanes
8:45 p.m.		n Continu	Open	Open	Open Four lanes will	Open he used for	
Aquatic C	lasses (All		n Lessons (S.L.) oup / Private	Academy Swim classes, Max class size is 30		H Master Swim 3- lanes	

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Follow us on Social Media:

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