



February 2026

# 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.       |   |  |  |                                     |   |                                    |                            |
| 8:30 a.m.       |   |  |  |                                     |   |                                    |                            |
| 9:00 a.m.       |   |  |  |                                     |   |                                    |                            |
| 9:30 a.m.       | Adult Swim                                | Physical Therapy & Adult Swim            | Physical Therapy & Adult Swim            | Physical Therapy & Adult Swim       | Physical Therapy & Adult Swim   | Physical Therapy & Adult Swim      |                            |
| 10:00 a.m.      |   | Aquacise 10:15 – 11:05 ENTIRE POOL       |  | Aquacise 10:15 – 11:05 ENTIRE POOL  |   | Aquacise 10:15 – 11:05 ENTIRE POOL |                            |
| 10:30 a.m.      |   |  |  |                                     |   |                                    |                            |
| 11:00 a.m.      | Ai Chi 11:15 – 12:05 3-lanes              | Fluid Moves 11:30 – 12:20 3-lanes        | Dual Depth 11:30 – 12:20 ENTIRE POOL     | Fluid Moves 11:30 – 12:20 3-lanes   | Dual Depth 11:30 – 12:20 ENTIRE POOL                                    | Fluid Moves 11:30 – 12:20 3-lanes  | Group Swim Lessons 3-lanes |
| 11:30 a.m.      |   |  |  |                                     |   |                                    |                            |
| 12:00 p.m.      |   |  |  |                                     |   |                                    |                            |
| 12:30 p.m.      |   |  |  |                                     |   |                                    | Adult Swim                 |
| 1:00 p.m.       |   |  |  |                                     |   |                                    |                            |
| 1:30 p.m.       |   |  |  |                                     |   |                                    |                            |
| 2:00 p.m.       |   |  |  |                                     |   |                                    |                            |
| 2:30 p.m.       | Family Swim All Ages 2:30 – 4:30 3- Lanes |  |  |                                     |   |                                    |                            |
| 3:00 p.m.       |   |  |  |                                     |   |                                    |                            |
| 3:30 p.m.       |   |  |  |                                     |   |                                    |                            |
| 4:00 p.m.       |   |  |  |                                     |   |                                    |                            |
| 4:30 p.m.       |   |  |  |                                     |   |                                    |                            |
| 5:00 p.m.       |   | Group S.L. 3-lanes                       |  |                                     | Group S.L. 3-lanes  |                                    |                            |
| 5:30 p.m.       |   | Aquacise 5:30-6:20 3-lanes               |  |                                     | Aquacise 5:30-6:20 3-lanes  |                                    |                            |
| 6:00 p.m.       |   |  | S.L. 2-lanes                             |                                     |   |                                    |                            |
| 6:30 p.m.       |   | Group Swim Lessons 3-lanes               |  |                                     | Group Swim Lessons 3-lanes  |                                    |                            |
| 7:00 p.m.       |   |  | Family Swim All Ages 6:30 – 8:30 3-lanes |                                     | Cardio Splash 6:30-7:20 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. |                                    |                            |

## Aquatic Classes

## Physical Therapy Adult Swim (Lane Share)

## Family Swim Time

## Swim Lessons (S.L.)

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

**Sheri Reid:** [sherি\\_reid@trihealth.com](mailto:sherি_reid@trihealth.com)

## Follow us on Social Media:



TriHealth.com/FitnessPavilion

Swim Lessons may occur outside designated times.

February 2026  
**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                              | Aqua Strong Boards** 7:30-8:45 4-lanes                                  | Open                            | Open                             |
| 8:00 a.m.  |  | Aqua Strong Boards** 8:30-9:20 4-lanes |                                     |                                   |   |                                 |                                  |
| 8:30 a.m.  | Open   |  | 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 10:15 – 11:05 4-lanes |
| 9:00 a.m.  |  |  |                                     |                                   |   |                                 |                                  |
| 9:30 a.m.  |  |  |                                     |                                   |   |                                 |                                  |
| 10:00 a.m. |  |  |                                     |                                   |   |                                 |                                  |
| 10:30 a.m. |  | Open                                   |                                     | Aquabatas 10:30 - 11:20 4-lanes   |   |                                 |                                  |
| 11:00 a.m. |  |  |                                     | Open                              |   | Open                            |                                  |
| 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.  |  | Open (Close 4:45 p.m.)                 |                                     | Open                              |   | Open                            | Open (Close 4:45 p.m.)           |
| 3:00 p.m.  |  |  |                                     |                                   |   |                                 |                                  |
| 3:30 p.m.  |  |  |                                     |                                   |   |                                 |                                  |
| 4:00 p.m.  |  |  |                                     |                                   |   |                                 |                                  |
| 4:30 p.m.  |  |  |                                     |                                   |   |                                 |                                  |
| 5:00 p.m.  |  |  |                                     |                                   |   |                                 |                                  |
| 5:30 p.m.  |  | Group Swim Lessons 2-lanes             |                                     |                                   |   |                                 |                                  |
| 6:00 p.m.  | NOTE:<br>Lane Sharing is required during busy times. |  |                                     | Extreme Power 5:30 – 6:20 4-lanes | Group Swim Lessons 2-lanes  |                                 |                                  |
| 6:30 p.m.  |  |  |                                     |                                   | Deeply Fit 6:30 – 7:20 4-lanes  |                                 |                                  |
| 7:00 p.m.  |  |  | Power Waves 6:30 – 7:20 4-lanes     |                                   |   |                                 |                                  |
| 7:30 p.m.  |  |  |                                     |                                   |   |                                 | ** Fee Based 4-lanes             |
| 8:45 p.m.  |  |  | Open                                | Open                              | Open  | Open                            |                                  |
|            | 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. |                                 | TH Master Swim 3- lanes          |