

January 2026

# 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	Group Swim Lessons 3-lanes	
8:30 a.m.								
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.	Ai Chi 11:15 – 12:05 3-lanes							
11:30 a.m.		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		
12:00 p.m.								Adult Swim
12:30 p.m.								
1:00 p.m.								
1:30 p.m.			Physical Therapy & Adult Swim	Physical Therapy & Adult Swim	Physical Therapy & Adult Swim			
2:00 p.m.		Physical Therapy & Adult Swim				Physical Therapy & Adult Swim		
2:30 p.m.	Family Swim All Ages 2:30 – 4:30 3- Lanes	Physical Therapy & Adult Swim	Physical Therapy & Adult Swim	Physical Therapy & Adult Swim	Physical Therapy & Adult Swim	Physical Therapy & Adult Swim	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.	NOTE: Lane Sharing is required during busy times.	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	Family Swim All Ages 5:30 – 7:30 3- Lanes		
6:00 p.m.			S.L. 2-lanes					
6:30 p.m.		Group Swim Lessons 3-lanes	Family Swim All Ages 6:30 – 8:30 3-lanes	Cardio Splash 6:30-7:20 3-lanes	Group Swim Lessons 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.			

January 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	Open	Aqua Strong Boards** 7:30-8:45 4-lanes	Open	Open
8:00 a.m.							
8:30 a.m.							
9:00 a.m.	Open						
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.							
10:30 a.m.		Aqua Strong Boards** 10:20-11:30 4-lanes	Aquabatas 10:30 - 11:20 4-lanes	Open	Open	Aqua Combat 10:30-11:20 4-lanes	Deeply Fit 10:15 – 11:05 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.							
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.							
5:00 p.m.							
5:30 p.m.		Group Swim Lessons 2-lanes		Extreme Power 5:30 – 6:20 4-lanes	Group Swim Lessons 2-lanes		
6:00 p.m.							
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	** 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.		TH Master Swim 3- lanes

NOTE:  
Lane Sharing is required during busy times.