

July 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.		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		
2:00 p.m.		Physical Therapy & Adult Swim		Physical Therapy & Adult Swim	Physical Therapy & Adult Swim		
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.			S.L. 1-lane		S.L. 1-lane		Family Swim All Ages 2:30 – 4:30 3- Lanes
4:30 p.m.							
5:00 p.m.	NOTE: Lane Sharing is required during busy times.						
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	Family Swim All Ages 5:30 – 7:30 3- Lanes	
6:00 p.m.			S.L. 2-lanes				
6:30 p.m.		S.L. 3-lanes	Family Swim All Ages 6:30 – 8:30 3-lanes	Cardio Splash 6:30-7:20 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 all ages are allowed in the pool.		

Sheri Reid 513 246 2630

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[TriHealth.com/FitnessPavilion](https://www.trihealth.com/FitnessPavilion)

Swim Lessons may occur outside designated times.

July 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** 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 Training 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	TH Master Swim 2- lanes	Open	TH Master Swim 2- lanes	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.							
6:00 p.m.	NOTE: Lane Sharing is required during busy times.			Extreme Power 5:30 – 6:20 4-lanes			
6:30 p.m.			Power Waves 6:30 – 7:20 4-lanes		Deeply Fit 6:30 – 7:20 4-lanes		
7:00 p.m.		TH Master Swim 3- lanes		TH Master Swim 3- lanes			
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