

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	
8:30 a.m.		Physical	Therapy &	Therapy &	Therapy &	Therapy &	
9:00 a.m.	Adult Swim	Therapy & Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
9:30 a.m.							
10:00 a.m.							
10:30 a.m.		Aquacise 10:15 – 11:0	5	Aquacise 10:15 –		Aquacise 10:15 – 11:05	S.L. 3-lanes
11:00 a.m.	A: Ch:	3- lanes		11:05 3- lanes		3- Lanes	
11:30 a.m.	Ai Chi 11:15 – 12:05	Fluid Moves	Cardio Abs Deep	Fluid Moves	Deeply Fit	Fluid Moves	
12:00 p.m.	3-lanes	11:30 - 12:20 3-lanes	· · · · · · · · · · · · · · · · · · ·	11:30 - 12:20 3-lanes	11:30 – 12:20 3-lanes	11:30 - 12:20 3-lanes	
12:30 p.m.							A 1 11 C 1
1:00 p.m.							Adult Swim
1:30 p.m.			Physical Therapy		Physical Therapy		
2:00 p.m.		Physical	ફ Adult Swim	Physical	ક Adult Swim	Physical	
2:30 p.m.		Therapy		Therapy		Therapy	
3:00 p.m.		Adult Swim		Adult Swim		Adult Swim	
3:30 p.m.	Family Swim All Ages				S.L. 1-lane		Family Swim All Ages
4:00 p.m.	2:30 — 4:30 3- Lanes		S.L. 1-lane				2:30 - 4:30 3- Lanes
4:30 p.m.							
5:00 p.m.		S.L. 3-lanes					
5:30 p.m.		Aqua S.M.I.L.E		im	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.	NOTE:	5:30-6:20 3-lanes	Adaptive Swim Lessons				
6:30 p.m.	Lane Sharing is required during	S.L. 3-lanes	6-7pm	S.L. 2-lanes			
7:00 p.m.	busy times.		Family Swim				
7:30 p.m.			All Ages 6:30 – 8:30 3-lanes				
8:45 p.m.			3-taries				
Aquatic Classes Physical Therapy Adult Swim (Lane Share) Adult Swim (Lane Share) Adult Swim Time Swim Lessons (S.L.) Group / Private NOTE: Family Swim & Swim Lesson times all ages are allowed							are allowed in the poo

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May 2024 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.					Aqua Strong			
7:30 a.m.		Open	0,000	Open	Boards** 7:30-8:45	Open	Open	
8:00 a.m.			Open		4-lanes			
8:30 a.m.								
9:00 a.m.	Open							
9:30 a.m.	5 5 5	Deeply Fit	Deeply Fit	Deeply Fit	Deeply Fit	Deeply Fit		
10:00 a.m.		9:30 – 10:20 4-lanes	9:30 – 10:20 4-lanes	9:30 — 10:20 4-lanes	9:30- 10:20 4-lanes	9:30 – 10:20 4-lanes		
10:30 a.m.		Aqua Strong Boards** 10:20-11:30	Aquabatas 10:30 - 11:20 4-lanes	Open	Open	Open		
11:00 a.m.							Deeply Fit Swim Lesson	
11:30 a.m.		4-lanes					11:15 – 12:05 1-lane	
12:00 p.m.							4-lanes	
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	Open	Open	Open	Open	Open	Open (Close 4:45 p.m.)	
3:30 p.m.	(Close 4:45 p.m.)							
4:00 p.m.								
4:30 p.m.								
5:00 p.m.								
5:30 p.m.				Extreme Power 5:30 – 6:20				
6:00 p.m.	NOTE: Lane Sharing is	S.L. 2-lanes		5:30 — 6:20 4-lanes				
6:30 p.m.	required during busy times.		Power Waves		Deeply Fit			
7:00 p.m.	busy times.		6:30 – 7:20 4-lanes		6:30 — 7:20 4-lanes			
7:30 p.m.							** Fee Based	
8:45 p.m.		Open	Open	Open	Open	Open	4-lanes	
			n Lessons (S.L.) oup / Private	Ursuline Academy Swim Team	Four lanes will be used for classes. Max class size is 30 participants.			
Shori Doi	H 513 246 2630		Follow us	on Social Media:	f O T	riHealth.com/F	itnessPavilion	

Swim Lessons may occur outside designated times.