

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



# 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   | Aqua Strong Boards**<br>7:30-8:45<br>4-lanes | Open                                  | Open                                   |
| 8:00 a.m.              |  | Aqua Strong Boards**<br>8:30-9:20<br>4-lanes | Open                                  |  |  |                                       |  |
| 8:30 a.m.              |  |  |                                       |  |  |                                       |  |
| 9:00 a.m.              | Open   |  |                                       |  |  |                                       |  |
| 9:30 a.m.              |  | Deeply Fit<br>9:30 – 10:20<br>4-lanes        | Deeply Fit<br>9:30 – 10:20<br>4-lanes | Deeply Fit<br>9:30 – 10:20<br>4-lanes  | Deeply Fit<br>9:30- 10:20<br>4-lanes         | Deeply Fit<br>9:30 – 10:20<br>4-lanes |  |
| 10:00 a.m.             |  |  |                                       |  |  |                                       | Deeply Fit<br>10:15 – 11:05<br>4-lanes |
| 10:30 a.m.             |  |  | Aquabatas<br>10:30 - 11:20<br>4-lanes |  |  | Aqua Combat<br>10:30-11:20<br>4-lanes |  |
| 11:00 a.m.             |  | Open   |                                       | 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.              |  |  |                                       |  |  |                                       |  |
| 3:00 p.m.              | Open<br>(Close 4:45 p.m.)                            | Open   | Open                                  | Open   | Open   | Open                                  | Open<br>(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<br>5:30 – 6:20<br>4-lanes  | Group Swim Lessons 2-lanes                   |                                       |  |
| 6:00 p.m.              |  |  |                                       |  |  |                                       |  |
| 6:30 p.m.              | NOTE:<br>Lane Sharing is required during busy times. |  | AquaHIIT<br>6:30 – 7:20<br>4-lanes    |  | Deeply Fit<br>6:30 – 7:20<br>4-lanes         |                                       |  |
| 7:00 p.m.              |  |  |                                       |  |  |                                       |  |
| 7:30 p.m.              |  |  |                                       |  |  |                                       |  |
| 8:45 p.m.              |  |  | Open                                  | Open   | Open   | Open                                  | ** Fee Based<br>4-lanes                |
| <b>Aquatic Classes</b> | <b>Open Swim (All Ages) Lane Share</b>               | <b>Swim Lessons (S.L.) Group / Private</b>   | <b>Ursuline Academy Swim Team</b>     | <b>Four lanes will be used for classes. Max class size is 30 participants.</b> |  |                                       | <b>TH Master Swim 3- lanes</b>         |