

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	Physical Therapy & Adult Swim	Physical Therapy & Adult Swim	Physical Therapy & Adult Swim		
8:30 a.m.		Physical Therapy & Adult Swim						
9:00 a.m.		Physical Therapy & Adult Swim						
9:30 a.m.		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							
11:30 a.m.		Fluid Moves 11:30 – 12:20 3-lanes	Cardio Abs Deep 11:30 – 12:20 3-lanes	Fluid Moves 11:30 – 12:20 3-lanes	Deeply Fit 11:30 – 12:20 3-lanes	Fluid Moves 11:30 – 12:20 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			
2:00 p.m.		Physical Therapy & Adult Swim		Physical Therapy & Adult Swim		Physical Therapy & Adult Swim		
2:30 p.m.								
3:00 p.m.	Family Swim All Ages 2:30 – 4:30 3-Lanes	Physical Therapy & Adult Swim		Physical Therapy & Adult Swim		Physical Therapy & Adult Swim	Family Swim All Ages 2:30 – 4:30 3-Lanes	
3:30 p.m.			S.L. 1-lane		S.L. 1-lane			
4:00 p.m.								
4:30 p.m.								
5:00 p.m.	NOTE: Lane Sharing is required during busy times.	S.L. 3-lanes						
5:30 p.m.		Aqua S.M.I.L.E 5:30-6:20 3-lanes				Aqua S.M.I.L.E 5:30-6:20 3-lanes		
6:00 p.m.				Adaptive Swim Lessons 6-7pm	S.L. 2-lanes		Family Swim All Ages 5:30 – 7:30 3-Lanes	
6:30 p.m.								
7:00 p.m.			S.L. 3-lanes	Family Swim All Ages 6:30 – 8:30 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.



# November 2024 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.	Open							
8:30 a.m.								
9:00 a.m.								
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.							Deeply Fit 10:15 – 11:05 4-lanes	
10:30 a.m.		Aqua Strong Boards** 10:20-11:30 4-lanes	Aquabatas 10:30 - 11:20 4-lanes	Open	Open	Open		
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.			Aqua Strong Boards** 1:45-2:30 4-lanes					
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.						Ursuline Swim Team 4:00-5:30 2-lanes		
5:00 p.m.								
5:30 p.m.		Swim Lessons 5:30-6:15 2-lanes	Aqua Strong Boards** 5:15-6:30 4-lanes	Extreme Power 5:30 – 6:20 4-lanes				
6:00 p.m.	NOTE: Lane Sharing is required during busy times.							
6:30 p.m.								
7:00 p.m.				Power Waves 6:30 – 7:20 4-lanes	Swim Lessons 6:30-7:45 2-lanes	Deeply Fit 6:30 – 7:20 4-lanes		
7:30 p.m.								
8:45 p.m.			Open	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.