November 2024

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 Therapy	
8:30 a.m.		Physical Therapy	Therapy &	Therapy &	Therapy &	& Adult Swim	
9:00 a.m.		& Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
9:30 a.m.	Adult Swim						
10:00 a.m.							
10:30 a.m.		Aquacise 10:15 – 11:05		Aquacise 10:15 – 11:05		Aquacise 10:15 – 11:05	
11:00 a.m.	Ai Chi	ENTIRE POOL		ENTIRE POOL		ENTIRE POOL	
11:30 a.m.	11:15 - 12:05 3-lanes	Fluid Moves	Cardio Abs Deep	Fluid Moves	Deeply Fit	Fluid Moves	
12:00 p.m.	3 1411.43	11:30 – 12:20 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.							Adult Swim
1:00 p.m.			Dhysical		Di		Addit Swiiii
1:30 p.m.			Physical Therapy		Physical Therapy		
2:00 p.m.		Physical	ઇ Adult Swim	Physical	ક Adult Swim	Physical	
2:30 p.m.		Therapy &		Therapy &		Therapy &	
3:00 p.m.	Family Curin	Adult Swim		Adult Swim		Adult Swim	F 11.6 :
3:30 p.m.	Family Swim All Ages		S.L. 1-lane		S.L. 1-lane		Family Swim All Ages 2:30 — 4:30 3- Lanes
4:00 p.m.	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 5:30-6:20		S.L. 2-lanes	Aqua S.M.I.L.E 5:30-6:20 3-lanes	Family Swim All Ages	
6:00 p.m.	NOTE: Lane Sharing is required during busy times.	3-lanes	Adaptive Swim Lessons				
6:30 p.m.		S.L. 3-lanes	6-7pm Family Swim All Ages			5:30 – 7:30 3- Lanes	
7:00 p.m.							
7:30 p.m.			6:30 - 8:30 3-lanes				
8:45 p.m.							
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 in						re allowed in the pool.	

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November 2024 Lap Pool

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		Ursuline Swim Team 2- lanes		Ursuline Swim		Ursuline Swim	
6:00 a.m.				Team		Team 2-lanes	
6:30 a.m.				2-lanes		Z turies	
7:00 a.m.					A Classes		_
7:30 a.m.		Open	Open	Open	Aqua Strong Boards**	Open	Open
8:00 a.m.			Open		7:30-8:45 4-lanes		
8:30 a.m.							
9:00 a.m.	Open						
9:30 a.m.		Deeply Fit	Deeply Fit 9:30 – 10:20	Deeply Fit	Deeply Fit	Deeply Fit 9:30 – 10:20	
10:00 a.m.		9:30 – 10:20 4-lanes	4-lanes	9:30 — 10:20 4-lanes	9:30- 10:20 4-lanes	9:30 – 10:20 4-lanes	Doonly Fit
10:30 a.m.		Aqua Strong Boards** 10:20-11:30	Aquabatas 10:30 - 11:20 4-lanes	Open	Open	Open	Deeply Fit 10:15 – 11:05 4-lanes
11:00 a.m.							
11:30 a.m.		4-lanes					
12:00 p.m.							
12:30 p.m.							
1:00 p.m.							
1:30 p.m.			Aqua Strong				
2:00 p.m.			Boards** 1:45-2:30				
2:30 p.m.			4-lanes				Open
3:00 p.m.	Open (Close 4:45 p.m.)	Open	Open	Open	Open	Open	(Close 4:45 p.m.)
3:30 p.m.	(Close 4:45 p.m.)		0				
4:00 p.m.					Ursuline Swim		
4:30 p.m.					Team 4:00-5:30		
5:00 p.m.		Swim Lessons	Aqua Strong		2-lanes		
5:30 p.m.	NOTE	5:30-6:15 2-lanes	Boards** 5:15-6:30	Extreme Power 5:30 – 6:20			
6:00 p.m.	NOTE: Lane Sharing is	2-lanes	4-lanes	4-lanes			
6:30 p.m.	required during busy times.		Power Waves 6:30 – 7:20	Swim Lessons	Deeply Fit 6:30 – 7:20		
7:00 p.m.			4-lanes	6:30-7:45 2-lanes	4-lanes		
7:30 p.m.		Onon					** Fee Based 4-lanes
8:45 p.m.	0.11	Open	Open	Open	Open	Open	
Aquatic Classes Open Swim (All Ages) Lane Share Swim Lessons (S.L.) Group / Private Team						e used for classes is 30 participants.	
			Follow us	on Social Media:	f 0	/=:	. D. W

Follow us on Social Media: TriHealth.com/FitnessPavilion
Swim Lessons may occur outside designated times.