## November 2025

## 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.	A deals Continu	& Adult Swim	Adult Swim	Adult Swim	Adult Swim	Addit Swiiii	
9:30 a.m.	Adult Swim	Addit Swiiii					
10:00 a.m.		Aquacise			I	Aquacise	Group Swim Lessons
10:30 a.m.		10:15 – 11:05 ENTIRE POOL		Aquacise 10:15 – 11:05		10:15 - 11:05 ENTIRE POOL	3-lanes
11:00 a.m.	Ai Chi	ENTIRE FOOL		ENTIRE POOL		ENTIRETOOL	
11:30 a.m.	11:15 - 12:05 3-lanes	Fluid Moves	Dual Depth	Fluid Moves	Dual Depth	Fluid Moves 11:30 – 12:20	
12:00 p.m.		11:30 – 12:20 3-lanes	11:30 – 12:20 ENTIRE POOL	11:30 – 12:20 3-lanes	11:30 – 12:20 ENTIRE POOL	3-lanes	
12:30 p.m.							Adult Swim
1:00 p.m.			Physical	Physical	Physical		
1:30 p.m.			Therapy &	Therapy &	Therapy		
2:00 p.m.		Physical Therapy	Adult Swim	Adult Swim	Adult Swim	Physical Therapy	
2:30 p.m.		Hierapy & Adult Swim				& Adult Swim	
3:00 p.m.	Family Swim	Adult Swim				Adult Swim	Family Swim
3:30 p.m.	All Ages 2:30 – 4:30		S.L. 1-lane	S.L. 1-lane	S.L. 1-lane		All Ages 2:30 – 4:30 3- Lanes
4:00 p.m.	3- Lanes						
4:30 p.m.		Crown S.L. a.v.					
5:00 p.m.		Group S.L. 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		
5:30 p.m.	NOTE:	Aqua S.M.I.L.E 5:30-6:20 3-lanes	S.L. 2-lanes				
6:00 p.m.	Lane Sharing is					All Ages	
6:30 p.m.	required during busy times.	Group Swim Lessons <sup>3-lanes</sup>	Family Swim All Ages 6:30 – 8:30 <sup>3-lanes</sup>	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)  Adult Swim (Lane Share)  Adult Swim (Lane Share)  Adult Swim (Lane Share)  Swim Lessons (S.L.) Group / Private  NOTE: Family Swim & Swim Lesson times all ages are allowed in						are allowed in the pool.	

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## November 2025 Lap Pool

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		Ursuline Swim		Ursuline Swim		Ursuline Swim	
6:00 a.m.		Team 2-lanes		Team 2-lanes		Team 2-lanes	
6:30 a.m.						Z-taries	
7:00 a.m.							
7:30 a.m.		Open	0	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 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	Aquabatas				Deeply Fit 10:15 – 11:05 4-lanes
11:00 a.m.		Boards** 10:20-11:30	10:30 - 11:20 4-lanes	Open	Open	Open	, tunes
11:30 a.m.		4-lanes					
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	Open	TH Master Swim	Open	TH Master Swim	Open	Open (Close 4:45 p.m.)
3:30 p.m.	(Close 4:45 p.m.)		2- lanes		2- lanes		
4:00 p.m.							
4:30 p.m.							
5:00 p.m.							
5:30 p.m.		Group Swim Lessons 2-lanes		Extreme Power			
6:00 p.m.	NOTE: Lane Sharing is required during busy times.	Lessons L tarres		5:30 – 6:20 4-lanes			
6:30 p.m.			Power Waves 6:30 – 7:20 4-lanes		Deeply Fit		
7:00 p.m.				TH Master	6:30 – 7:20 4-lanes		
7:30 p.m.				Swim 3- lanes			** Fee Based
8:45 p.m.			Open	Open	Open	Open	4-lanes
Aquatic C	lasses (All		Vim Lessons (S.L.) Group / Private  Ursuline Academy Swim Team  Four lanes will be used for classes. Max class size is 30 participants.		ss size is 30	TH Master Swim 3- lanes	

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