TriHealth
Fitness & Health Pavilion

October 2026

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.							
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.							
9:30 a.m.	Adult Swim						Group Swim Lessons 3-lanes
10:00 a.m.							
10:30 a.m.		Aquacise 10:30 – 11:20 ENTIRE POOL		Aquacise 10:30 – 11:20 ENTIRE POOL		Aquacise 10:30 – 11:20 ENTIRE POOL	
11:00 a.m.	Ai Chi 11:15 – 12:05 3-lanes						
11:30 a.m.		Aqua Vibes 11:30 – 12:20 3-lanes	Dual Depth 11:30 – 12:20 ENTIRE POOL	Fluid Moves 11:30 – 12:20 3-lanes	Dual Depth 11:30 – 12:20 ENTIRE POOL	Aqua Vibes 11:30 – 12:20 3-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.	Family Swim All Ages 2:30 – 4:45p 3- Lanes						Family Swim All Ages 2:30 – 4:45p 3- Lanes
3:00 p.m.					S.L. 1-lane		
3:30 p.m.			S.L. 1-lane	S.L. 1-lane			
4:00 p.m.							
4:30 p.m.							
5:00 p.m.		Group S.L. 3-lanes			Group S.L. 3-lanes		
5:30 p.m.		Aquacise 5:30-6:20 3-lanes	AquaTrampoline 5:30-6:20 3-lanes		Aquacise 5:30-6:20 3-lanes	Family Swim All Ages 5:30 – 7:45 3- Lanes	
6:00 p.m.							
6:30 p.m.		Group Swim Lessons 3-lanes	S.L. 2-lanes		Group Swim Lessons 3-lanes		
7:00 p.m.			Family Swim All Ages 6:30 – 8:45 3-lanes	Cardio Splash 6:30-7:20 3-lanes			
7:30 p.m.							
8:45 p.m.							

NOTE: Family Swim & Swim Lesson times *all ages* are allowed in the pool.

Sheri Reid: sheri_reid@trihealth.com

Follow us on Social Media:

TriHealth.com/FitnessPavilion

Swim Lessons may occur outside designated times.

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Lap Pool

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		Ursuline Academy Swim Team		Ursuline Academy Swim Team			
6:00 a.m.							
6:30 a.m.							
7:00 a.m.					Aqua Strong Boards** 7:30-8:45 4-lanes		Open
7:30 a.m.		Open	Open	Open		Open	
8:00 a.m.		Aqua Strong Boards** 8:30-9:20 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.							Deeply Fit 10:15 – 11:05 4-lanes
10:30 a.m.			Aquabatas 10:30 - 11:20 4-lanes		AquaTrampoline 10:30-11:20 4-lanes ★	Aqua Combat 10:30-11:20 4-lanes	
11:00 a.m.		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 (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.							
5:00 p.m.							
5:30 p.m.		Group Swim Lessons 2-lanes	Beginner Boards** 5:30-6:15 4-lanes	Extreme Power 5:30 – 6:20 4-lanes	Group Swim Lessons 2-lanes		
6:00 p.m.	NOTE: Lane Sharing is required during busy times.						
6:30 p.m.		Aqua Trampoline 6:30 – 7:20 4-lanes ★	Aqua HIIT 6:30 – 7:20 4-lanes		Deeply Fit 6:30 – 7:20 4-lanes		
7:00 p.m.							
7:30 p.m.					Open		** Fee Based 4-lanes
8:45 p.m.			Open	Open		Open	

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. | ★ New Class

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