

Warm Water Pool

Time	Sunday	Monday	Tuesd	lay	Wednesday	Thursday	Friday	Saturday
5:30 a.m.								
6:00 a.m.								
6:30 a.m.		Adult Swim	Adult S	wim	Adult Swim	Adult Swim	Adult Swim	
7:00 a.m.								
7:30 a.m.								
8:00 a.m.			Physic		Physical	Physical	Physical Therapy	
8:30 a.m.		Physical Therapy	Therap	•	Therapy &	Therapy &	ક	
9:00 a.m.		ઇ Adult Swim	Adult Sv	vim	Adult Swim	Adult Swim	Adult Swim	
9:30 a.m.	Adult Swim							
10:00 a.m.		Aguagias					Aguagiao	Group Swim Lessons
10:30 a.m.		Aquacise 10:15 – 11:0 ENTIRE POOL			Aquacise 10:15 – 11:05		Aquacise 10:15 – 11:05 ENTIRE POOL	3-lanes
11:00 a.m.	Ai Chi	ENTIRE POOL			ENTIRE POOL		ENTIRE POOL	
11:30 a.m.	11:15 - 12:05 3-lanes	Fluid Moves			Fluid Moves	Dual Depth	Fluid Moves	
12:00 p.m.		11:30 – 12:2 3-lanes	0 11:30 – 1 ENTIRE P		11:30 — 12:20 3-lanes	11:30 - 12:20 ENTIRE POOL	11:30 – 12:20 3-lanes	
12:30 p.m.								Adult Swim
1:00 p.m.			Physic	ral ler		Dhysical		
1:30 p.m.			Thera			Physical Therapy		
2:00 p.m.		Physical	ઇ Adult S	wim	Physical	ઇ Adult Swim	Physical	
2:30 p.m.		Therapy &			Therapy &		Therapy &	
3:00 p.m.	Family Swim	Adult Swim	1		Adult Swim		Adult Swim	Family Covins
3:30 p.m.	All Ages 2:30 – 4:30					S.L.		Family Swim All Ages 2:30 – 4:30
4:00 p.m.	3- Lanes		S.L. 1-lane			1-lane		3- Lanes
4:30 p.m.								
5:00 p.m.		Group 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	Family Swim All Ages 5:30 — 7:30 3- Lanes	
6:00 p.m.	NOTE: Lane Sharing is	3-lanes	S.L. 2-lane	es		3-lanes		
6:30 p.m.	required during busy times.	Group			Cardio Splash 6:30-7:20 3-lanes			
7:00 p.m.		Swim Lessor	All Ag	es				
7:30 p.m.			6:30 — 8 3-lane					
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 Group / Private						are allowed in the pool.		

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September 2025 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.					A C1		
7:30 a.m.		Open	Open	Open	Aqua Strong Boards**	Open	Open
8:00 a.m.			Орен		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	Deeply Fit 9:30 – 10:20	Deeply Fit 9:30 – 10:20	Deeply Fit 9:30- 10:20	Deeply Fit 9:30 – 10:20	
10:00 a.m.		4-lanes	4-lanes	4-lanes	4-lanes	4-lanes	Deeply Fit
10:30 a.m.		Aqua Strong	Aquabatas				10:15 – 11:05 4-lanes
11:00 a.m.		Boards** 10:20-11:30	10:30 - 11:20 4-lanes	Open	Open	Open	
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.			TH Master	0	TH Master	Open	Open
3:30 p.m.	Open (Close 4:45 p.m.)	Open	Swim 2- lanes	Open	Swim 2- lanes	Орен	(Close 4:45 p.m.)
4:00 p.m.			2- laries		2- taries		
4:30 p.m.							
5:00 p.m.							
5:30 p.m.		Group Swim					
6:00 p.m.	NOTE:	Lessons 2-lanes		Extreme Power 5:30 - 6:20			
6:30 p.m.	Lane Sharing is required during		Power Waves 6:30 – 7:20 4-lanes	4-lanes	Deeply Fit		
7:00 p.m.	busy times.			TH Master	6:30 – 7:20 4-lanes		
7:30 p.m.			4-idiles	Swim 3- lanes	4-idiles		** Fee Based
8:45 p.m.			Open	Open	Open	Open	4-lanes
Aquatic Classes Open Swim (All Ages) Lane Share Swim Lessons (S.L.) Group / Private Swim Lessons (S.L.) Group / Private Ursuline Academy Swim Team Four lanes will be used for classes. Max class size is 30 participants.							

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