

Warm Water Pool

Time	Sunday	Mond	ay Tue	esday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.								
6:00 a.m.								
6:30 a.m.		Adult Swim	vim Adul	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
7:00 a.m.								
7:30 a.m.		l						
8:00 a.m.			Physica	l Therapy	Physical Therapy	Physical Therapy	Physical Therapy	
8:30 a.m.		Physical Th	erany	&	& Adult Swim	& Adult Swim	&	
9:00 a.m.		& Adult Swim		Adult Swim		Adult Swiff	Adult Swim	
9:30 a.m.	Adult Swim							
10:00 a.m.		A successi				I	A i	
10:30 a.m.		Aquaci 10:15 – 1 ENTIRE PO	1:05		Aquacise 10:15 – 11:05		Aquacise 10:15 – 11:05 ENTIRE POOL	
11:00 a.m.	Ai Chi	ENTIRE PC	JOL		ENTIRE POOL		ENTIRE POOL	
11:30 a.m.	11:15 – 12:05 3-lanes	Fluid Mo		Abs Deep	Fluid Moves	Deeply Fit	Fluid Moves	
12:00 p.m.		11:30 – 13 3-lanes		0 – 12:20 -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.						Physical		
1:30 p.m.			Physica	al Therapy &		Therapy &		
2:00 p.m.		Physical Therapy		Adult Swim	Physical Therapy	Adult Swim	Physical Therapy	
2:30 p.m.		& Adult Sv	vim		& Adult Swim		& Adult Swim	
3:00 p.m.	Family Swim							Family Swim
3:30 p.m.	All Ages 2:30 – 4:30		5.1	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.								
5:00 p.m.		S.L. 3-lar	nes	Adaptive Swim Lessons 6-7pm	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 5:30-6:20						
6:00 p.m.	NOTE: Lane Sharing is	3-lanes	Le			o-idileS		
6:30 p.m.	required during busy times.	S.L. 3-lar		ily Swim				
7:00 p.m.		J.E. 3-Idi	All	lly Swim Ages – 8:30				
7:30 p.m.				-lanes				
8:45 p.m.	Physical	l Therapy						
Aquatic Clas	Aquatic Classes Adult Swim (Lane Share) Swim Lessons (S.L.) Group / Private NOTE: Family Swim & Swim Lesson times all ages are allowed in the							e allowed in the pool.

Follow us on Social Media:



September 2024 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.					Aqua Strong		
7:30 a.m.		Open	0	Open	Boards** 7:30-8:45	Open	Open
8:00 a.m.			Open		4-lanes		
8:30 a.m.							
9:00 a.m.	Open						
9:30 a.m.	5 5 1	Deeply Fit	Deeply Fit 9:30 – 10:20	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.		9:30 – 10:20 4-lanes	9:30 – 10:20 4-lanes				
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	Fluites
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	Open	Open	Open	Open	Open (Close 4:45 p.m.)
3:30 p.m.	(Close 4:45 p.m.)						
4:00 p.m.							
4:30 p.m.							
5:00 p.m.							
5:30 p.m.				Extreme Power			
6:00 p.m.	NOTE: Lane Sharing is			5:30 – 6:20 4-lanes			
6:30 p.m.	required during		Power Waves		Deeply Fit		
7:00 p.m.	busy times.		6:30 – 7:20 4-lanes		6:30 – 7:20 4-lanes		
7:30 p.m.							** Fee Based
8:45 p.m.		Open	Open	Open	Open	Open	4-lanes
Aquatic Classes Open Swim (All Ages) Lane Share		Ages)	Swim Lessons (S.L.) Group / Private Ursuline Academy Swim Team		Four lanes will be used for classes. Max class size is 30 participants.		