

Aquatics Schedule

January 2023-March 2023

LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	5:30 - 9 am Adult L/E/R	7:30 - 9 am Adult L/E/R	7:30 - 9 am Adult L/E/R
9 am - 12 pm Dependent L/E/R	9 am - 12 pm Dependent L/E/R	9 am - 12 pm Dependent L/E/R	9 am - 12 pm Dependent L/E/R	6 - 7 am UH Swim Club 2 Lanes	9:15 - 10:45 am Swim Lessons 2 Lanes	9 am - 4:45 pm Dependent L/E/R
12 - 1 pm UH Swim Club 2 Lanes	12 - 2:30 pm Adult L/E/R	12 - 2:30 pm Adult L/E/R	12 - 2:30 pm Adult L/E/R	9 am - 8:45 pm Dependent Hours L/E/R	9 am - 4:45 pm Dependent L/E/R	
12 - 2:30 pm Adult L/E/R	2:30 - 5:30 pm Dependent L/E/R	2:30 - 5:30 pm Dependent L/E/R	2:30 - 5:30 pm Dependent L/E/R		4:45 pm Pool Closes 5 pm Facility Closes	
2:30 - 5:30 pm Dependent L/E/R	5:30 - 7 pm Adult L/E/R 3-6 Lanes	5:30 - 7 pm Adult L/E/R 3-6 Lanes	5:30 - 7 pm Adult L/E/R 3-6 Lanes			
SWIM TEAM 2:45pm-6pm ALL Lanes through February	SWIM TEAM 2:45pm-6pm ALL Lanes through February	SWIM TEAM 2:45pm-6pm ALL Lanes through February	SWIM TEAM 2:45pm-6pm ALL Lanes through February			
5:30 - 7 pm Adult L/E/R 3-6 Lanes	6pm - 6:45 pm Swim Lessons 2 Lanes	6:30 - 7:30 pm UH Swim Club 2 Lanes	6pm-5:45 - 7:15 pm Swim Lessons 2 Lanes			
7 - 8:45 pm Dependent L/E/R	7 - 8:45 pm Dependent L/E/R	7 - 8:45 pm Dependent L/E/R	7 - 8:45 pm Dependent L/E/R			
				SWIM TEAM ALL LANES 2:45pm- 6pm & 7pm- 8:45pm (2 Lanes) Through February		
Swim Team 2 Lanes 7pm-8:45pm Through February	Swim Team 2 Lanes 7pm-8:45pm Through February	Swim Team 2 Lanes 7pm-8:45pm Through February	Swim Team 2 Lanes 7pm-8:45pm Through February			
8:45 pm Pool Closes 9 pm Facility Closes						

KEY

Dependent Hours

Adult Swim

L = Lap Swim

E = Exercise

R = Recreation

Swim Lessons

UH Swim Club

Swim Team

Group Aquatic Exercise Class

Therapy Pool

Family Open Swim (FOS)

RECREATION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 8 am Adult L/E/R	5:30 - 8 am Adult L/E/R	5:30 - 8 am Adult L/E/R	5:30 - 8 am Adult L/E/R	5:30 - 8 am Adult L/E/R	7:30 - 8:15 am Adult L/E/R	7:30 - 9 am Adult L/E/R
8:15 am - 11 am Group Ex Classes (see GEX schedule)	8:15 am - 10 am Group Ex Classes (see GEX schedule)	8:15 am - 11 am Group Ex Classes (see GEX schedule)	8:15 am - 10 am Group Ex Classes (see GEX schedule)	8:15 am - 11 am Group Ex Classes (see GEX schedule)	8:15 am - 10 am Group Ex Classes (see GEX schedule)	9 am - 4:45 pm FOS E/R
11 am - 12 pm Dependent E/R	10 am - 12 pm Dependent E/R	11 am - 12 pm Dependent E/R	10 am - 12 pm Dependent E/R	11 am - 8:45 pm FOS E/R	11 am Swim Lessons	
12 - 1 pm Adult E/R	12 pm Healing Waters	12 - 1 pm Adult E/R	12 pm Healing Waters		2:30 - 4:45 pm FOS E/R	
2:30 - 5:30 pm Dependent E/R	2:30 - 5 pm Dependent E/R 5 -5:45 pm Swim Lessons	2:30 - 5:30 pm Dependent E/R	2:30 - 4:30 pm Dependent E/R 4:30 - 6:15 pm Swim Lessons		4:45 pm Pool Closes 5 pm Facility Closes	
5:30 - 7:30 pm Group Ex Classes (see GEX Schedule)	6:30 - 7:30 pm Aqua Zumba®	5:30 - 7:30 pm Group Ex Classes (see GEX Schedule)	6:30 pm Aqua Zumba®			
7:30 - 8:45 pm FOS E/R	7:30 - 8:45 pm FOS E/R	7:30 - 8:45 pm FOS E/R	7:30 - 8:45 pm FOS E/R			
8:45 pm Pool Closes 9 pm Facility Closes						
Physical Therapy Pool Hours for Members	Mon-Friday 5:30am-7:30am	Mon-Th 7:15am- Close	Friday 4:30pm- Close	Sat 7:00am- 8:00am & 12:00pm-Close		Sunday 8:00am- Close

* Please shower before using pools or whirlpool