

2019 WINTER POOL SCHEDULE

| acac Midlothian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00am Masters <i>Lap</i>		5:45-7:00am Masters <i>Lap</i>		5:45-7:00am Masters <i>Lap</i>		
	8:30-9:00am Ai Chi <i>Warm Water</i>				7:55-8:55am Masters <i>Lap</i>	
9:15-10:15am WATERinMOTION® <i>Rec</i>	9:15-10:15am Aqua Fit <i>Rec</i>	9:15-10:15am WATERinMOTION® <i>Rec</i>	9:15-10:15am Aqua Fit <i>Rec</i>	9:15-10:15am Aqua Fit <i>Rec</i>	9:30-10:30am WATERinMOTION® <i>Rec</i>	9:00-10:30am Masters <i>Lap</i>
	10:00-10:30am Kids Zone Preschool Lessons <i>Family</i>		10:00-10:30am Kids Zone Preschool Lessons <i>Family</i>		10:00-11:30am Group Lessons <i>Family</i>	
10:15-11:15am Aqua Zen <i>Warm Water</i>	10:15-11:15am Aqua Zen <i>Warm Water</i>	10:15-11:00am H.I.I.T. H2O <i>Rec</i>	10:15-11:15am Aqua Zen <i>Warm Water</i>	10:15-11:15am Aqua Zen <i>Warm Water</i>		
10:30-11:30am Aqua Blast <i>Activity</i>	10:30-11:30am FitCamp H ₂ O <i>Activity</i>					10:35-11:35m H2O Sampler <i>Rec</i>
11:30am-12:15pm p.r.e.p. <i>Warm Water</i>	11:15am-12:00pm Arthritis H ₂ O <i>Warm Water</i>	11:15am-12:15pm Aqua Zen <i>Warm Water</i>	11:15-12:00pm Arthritis H ₂ O <i>Warm Water</i>	11:30am-12:15pm p.r.e.p. <i>Warm Water</i>		
12:30-1:15pm Arthritis H ₂ O <i>Warm Water</i>		12:30-1:15pm p.r.e.p. <i>Warm Water</i>				
1:15-1:45pm Preschool Group Lessons <i>Family</i>		1:15-1:45pm Preschool Group Lessons <i>Family</i>			3:00-4:30pm All Age Group Lessons <i>Family</i>	3:00-4:30pm All Age Group Lessons <i>Family</i>
5:00-5:45pm Dolphin Club <i>Activity</i>	5:00-5:45pm p.r.e.p. <i>Warm Water</i>	5:00-5:45pm Dolphin Club <i>Activity</i>	5:00-5:45pm p.r.e.p. <i>Warm Water</i>			
5:00-6:00pm Dolphin Senior <i>Activity</i>	5:00-5:45pm Marlin Club <i>Activity</i>	5:00-6:00pm Dolphin Senior <i>Activity</i>	5:00-5:45pm Marlin Club <i>Activity</i>			
5:30-6:15pm Arthritis H ₂ O <i>Warm Water</i>	5:30-6:30pm Group Lessons <i>Family</i>	5:30-6:30pm Performance Swim <i>Lap</i>				
6:15-7:15pm H.I.I.T. H2O <i>Rec</i>	6:15-7:15pm Aqua Fit Deep <i>Rec</i>	6:15-7:15pm Athletic H2O <i>Rec</i>	6:00-6:45pm p.r.e.p. <i>Warm Water</i>			
	6:30-7:30pm Adult Learn to Swim <i>Lap</i>		6:30-7:30pm Adult Learn to Swim <i>Lap</i>			
	6:30-7:45pm Masters <i>Lap</i>	6:30-7:45pm Masters <i>Lap</i>	6:30-7:45pm Masters <i>Lap</i>			
9:45pm POOL CLOSED	9:45pm POOL CLOSED	9:45pm POOL CLOSED	9:45pm POOL CLOSED	8:45pm POOL CLOSED	7:45pm POOL CLOSED	7:45pm POOL CLOSED

- Group Exercise Classes
- p.r.e.p.® class
- Paid Program

Lessons

Please Note: Private swim lessons and private group swim lessons are offered during operational hours in all pools.

Schedule and hours are subject to change.

Updated on 1/1/19. Subject to change.
Please check back frequently.

