

JUNE 2019 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>		
8:15-9:00am Aqua Zumba EX <i>Rec</i>	8:30-9:00am Ai Chi <i>Warm Water</i>		8:15-9:00am WATERinMOTION® EX <i>Rec</i>		7:55-8:55am Masters <i>Lap</i>	
9:00am-12:00pm Swim Team <i>Rec</i> <i>starts June 17</i>	9:00am-12:00pm Swim Team <i>Rec</i> <i>starts June 17</i>	9:00am-12:00pm Swim Team <i>Rec</i> <i>starts June 17</i>	9:00am-12:00pm Swim Team <i>Rec</i> <i>starts June 17</i>	9:00am-12:00pm Swim Team <i>Rec</i> <i>starts June 17</i>		
9:15-10:15am WATERinMOTION® <i>Rec/Activity</i>	9:15-10:15am Aqua Fit Deep <i>Rec</i>	9:15-10:15am WATERinMOTION® <i>Rec</i>	9:15-10:15am Aqua Fit <i>Rec/Activity</i>	9:15-10:15am Aqua Fit <i>Rec/Activity</i>	9:00-9:45am Tabata H2O EX <i>Rec</i>	9:00-10:30am Masters <i>Lap</i>
					9:50-10:35am WATERinMOTION® EX <i>Rec</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>	10:00-11:30am Group Lessons <i>Family</i>	
	10:30-11:30am FitCamp H ₂ O <i>Activity/Rec</i>		11:00-12:30pm Ultimate Aqua Fit. <i>Activity/Rec</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>				
4:30-6:30pm Swim Team <i>Rec</i> <i>through June 13</i>	4:30-6:30pm Swim Team <i>Rec</i> <i>through June 13</i>	4:30-6:30pm Swim Team <i>Rec</i> <i>through June 13</i>	4:30-6:30pm Swim Team <i>Rec</i> <i>through June 13</i>			
	5:00-5:45pm p.r.e.p. <i>Warm Water</i>		5:00-5:45pm p.r.e.p. <i>Warm Water</i>			
5:15-6:00pm Swim Team <i>Activity</i> <i>through June 13</i>	5:15-6:00pm Swim Team <i>Activity</i> <i>through June 13</i>	5:15-6:00pm Swim Team <i>Activity</i> <i>through June 13</i>	5:15-6:00pm Swim Team <i>Activity</i> <i>through June 13</i>			
5:30-6:15pm Arthritis H ₂ O <i>Warm Water</i>		5:30-6:30pm Summer Splash <i>Rec</i> <i>June 19 & 26</i>				
6:00-7:30pm Swim Team <i>Rec</i> <i>starts June 17</i>		6:00-7:30pm Swim Team <i>Rec</i> <i>starts June 17</i>	6:00-7:30pm Swim Team <i>Rec</i> <i>starts June 17</i>			
6:35-7:20pm* H.I.I.T. H2O EX <i>Rec</i>	6:35-7:35pm* Aqua Fit Deep <i>Rec</i>	6:35-7:35pm* Athletic H2O <i>Rec</i>	6:00-6:45pm Aqua Strength <i>Warm Water</i>			

No Evening Water Group Ex Classes on 6/13, 7/2 and 7/9 due to home Swim Meets.

 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.

*Starting June 15 new start time of 6:15pm on Tue/Wed and 6:20 on Mon
Schedule and hours are subject to change.

Updated on 6/1/19. Subject to change.
Please check back frequently.