

# 2019 SPRING 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>	9:00-9:45am 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 <sub>2</sub> O <i>Activity</i>		11:00-12:30pm Ultimate Aqua Fit. <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 <sub>2</sub> O <i>Warm Water</i>	11:15am-12:15pm Aqua Zen <i>Warm Water</i>	11:15-12:00pm Arthritis H <sub>2</sub> O <i>Warm Water</i>	11:30am-12:15pm p.r.e.p. <i>Warm Water</i>		
12:30-1:15pm Arthritis H <sub>2</sub> O <i>Warm Water</i>		12:30-1:15pm p.r.e.p. <i>Warm Water</i>				
						3:00-4:30pm All Age Group Lessons <i>Family - Ends May 19</i>
4:30-6:30pm Swim Team <i>Rec</i> <i>Starts May 20</i>	4:30-6:30pm Swim Team <i>Rec</i> <i>Starts May 21</i>	4:30-6:30pm Swim Team <i>Rec</i> <i>Starts May 22</i>	4:30-6:30pm Swim Team <i>Rec</i> <i>Starts May 23</i>			
5:00-5:45pm Dolphin Club <i>Activity</i> <i>Ends May 13</i>	5:00-5:45pm Marlin Club <i>Activity</i> <i>Ends May 14</i>	5:00-5:45pm Dolphin Club <i>Activity</i> <i>Ends May 15</i>	5:00-5:45pm Marlin Club <i>Activity</i> <i>Ends May 16</i>			
5:15-6:00pm Swim Blitz Lessons <i>Activity</i> <i>May 6 - 20</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>			
5:30-6:15pm Arthritis H <sub>2</sub> O <i>Warm Water</i>	5:15-6:00pm Swim Blitz Lessons <i>Activity</i> <i>May 7 - 21</i>	5:15-6:00pm Swim Blitz Lessons <i>Activity</i> <i>May 8 - 22</i>	5:15-6:00pm Swim Blitz Lessons <i>Activity</i> <i>May 9 - 23</i>			
5:45-6:30pm Swim Team <i>Activity</i> <i>Starts May 20</i>	5:45-6:30pm Swim Team <i>Activity</i> <i>Starts May 21</i>	5:45-6:30pm Swim Team <i>Activity</i> <i>Starts May 22</i>	5:45-6:30pm Swim Team <i>Activity</i> <i>Starts May 23</i>			
6:15-7:00pm* H.I.I.T. H2O EX <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 Aqua Strength <i>Warm Water</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>			

- 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 May 20, new start time of 6:35pm

Schedule and hours are subject to change.

Updated on 5/1/19. Subject to change.  
Please check back frequently.

