

SUMMER 2021 POOL SCHEDULE

acac Midlothian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:15am Masters <i>Lap</i>		6:00-7:15am Masters <i>Lap</i>		6:00-7:15am Masters <i>Lap</i>		
8:10-8:55am Aqua Zumba® <i>Rec/Activity</i>				8:10-8:55am Aqua Fit <i>Rec/Activity</i>	8:00-9:00am Masters <i>Rec/Lap</i>	
9:15-10:00am WATERinMOTION® <i>Activity</i>	9:00-9:45am Aqua Fit <i>Rec/Activity</i>	9:15-10:00am H.I.I.T. H2O <i>Rec/Activity</i>	9:00-9:45am WATERinMOTION® <i>Rec/Activity</i>	9:15-10:00am Aqua Zumba® <i>Activity</i>	9:20-10:05am WATERinMOTION® <i>Rec/Activity</i>	
	10:00-10:45am H2O Tabata <i>Activity</i>	10:15-11:00am WATERinMOTION® <i>Activity</i>	10:00-10:45am Athletic H2O <i>Activity</i>		10:15-11:00am Athletic H2O <i>Rec/Activity</i>	10:00-11:00am H2O Sampler <i>Rec/Activity</i>
	10:30-11:30am Small Group Train <i>Rec</i>		11:00am-12:00pm Small Group Train <i>Rec</i>		11:00-11:45am Small Group Train <i>Warm Water</i>	
		12:15-12:45pm Splash & Dash <i>Activity</i>				
			1:00-1:45pm Small Group Train <i>Warm Water</i>			
	6:00-7:15pm Masters <i>Lap</i>		6:00-7:15pm Masters <i>Lap</i>			
6:15-7:00pm H.I.I.T. H2O <i>Rec/Activity</i>	6:15-7:00pm Aqua Fit Deep <i>Rec/Activity</i>	6:15-7:00pm Athletic H2O <i>Rec/Activity</i>				
8:45pm POOL CLOSED	8:45pm POOL CLOSED	8:45pm POOL CLOSED	8:45pm POOL CLOSED	8:45pm POOL CLOSED	7:45pm POOL CLOSED	7:45pm POOL CLOSED

 Group Exercise Classes

 Masters Swim

 Paid Program/Lesson

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 07/22/21. Subject to change.