

WINTER 2022 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>		
					8:00-9:00am Masters <i>Lap</i>	
9:15-10:00am Aqua Zumba® <i>Activity</i>	9:15-10:00am H2O Tabata <i>Activity</i>	9:15-10:00am H.I.I.T. H2O <i>Activity</i>	9:00-9:45am WATERinMOTION® <i>Activity</i>	9:15-10:00am Aqua Zumba® <i>Activity</i>	9:20-10:05am WATERinMOTION® <i>Activity</i>	
10:15-11:00am WATERinMOTION® <i>Activity</i>		10:15-11:00am WATERinMOTION® <i>Activity</i>	10:00-10:45am Athletic H2O <i>Activity</i>	10:15-11:00am Aqua Fit <i>Activity</i>	10:15-11:00am Athletic H2O <i>Activity</i>	10:00-11:00am H2O Sampler <i>Activity</i>
11:15am-12:00pm Aqua Zen <i>Warm Water</i>	10:30-11:30am Small Group Train <i>Activity</i>	11:15am-12:00pm Aqua Zen <i>Warm Water</i>	11:00am-12:00pm Small Group Train <i>Activity</i>	11:15am-12:00pm Aqua Zen <i>Warm Water</i>	11:00-11:45am Small Group Train <i>Warm Water</i>	
	11:15am-12:00pm Arthritis H2O* <i>Warm Water</i>		11:15am-12:00pm Arthritis H2O* <i>Warm Water</i>			
			1:00-1:45pm Small Group Train <i>Warm Water</i>			
4:45-5:15pm Beg. Swim Team <i>Activity</i>	4:45-5:15pm Beg. Swim Team <i>Activity</i>	4:45-5:15pm Beg. Swim Team <i>Activity</i>	4:45-5:15pm Beg. Swim Team <i>Activity</i>			
5:15-6:00pm Int. Swim Team <i>Activity</i>	5:15-6:00pm Int. Swim Team <i>Activity</i>	5:15-6:00pm Int. Swim Team <i>Activity</i>	5:15-6:00pm Int. Swim Team <i>Activity</i>	5:00-6:30pm High Performance <i>Lap</i>		5:00-7:00pm High Performance <i>Lap</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>Activity</i>	6:15-7:00pm Aqua Fit Deep <i>Activity</i>	6:15-7:00pm Athletic H2O <i>Activity</i>				
6:45-8:45pm High Performance <i>Lap</i>	7:15-8:45pm High Performance <i>Lap</i>	6:45-8:45pm High Performance <i>Lap</i>	7:15-8:45pm High Performance <i>Lap</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 1/10/22. Subject to change.