

SUMMER 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> | | |
| 8:15-8:55am Swim Blitz Lessons <i>Family</i> | 8:15-8:55am Swim Blitz Lessons <i>Family</i> | 8:15-8:55am Swim Blitz Lessons <i>Family</i> | 8:15-8:55am Swim Blitz Lessons <i>Family</i> | 8:15-9:00am Dolphin Babies <i>Family</i> | | |
| 8:15-9:00am Small Group Train <i>Activity</i> | 8:10-8:55am H2O Tabata <i>Rec</i> | | 8:15-9:00am Small Group Train <i>Activity</i> | 8:10-8:55am Aqua Fit <i>Rec</i> | 8:00-9:15am Masters <i>Rec/Lap</i> | |
| 9:00am-12:00pm Swim Team <i>Rec</i> | 9:00am-12:00pm Swim Team <i>Rec</i> | 9:00am-12:00pm Swim Team <i>Rec</i> | 9:00am-12:00pm Swim Team <i>Rec</i> | 9:00am-12:00pm Swim Team <i>Rec</i> | | |
| 9:15-10:00am Aqua Zumba® <i>Activity</i> | 9:15-10:00am Aqua Fit Deep <i>Rec</i> | 9:15-10:00am H.I.I.T. H2O <i>Rec</i> <i>Activity 6/8 & 7/20</i> | 9:00-9:45am WATERinMOTION® <i>Activity</i> | 9:15-10:00am Aqua Zumba® <i>Activity</i> | 9:20-10:05am WATERinMOTION® <i>Rec</i> | |
| 10:15-11:00am WATERinMOTION® <i>Activity</i> | | 10:15-11:00am WATERinMOTION® <i>Rec</i> <i>Activity 6/8 & 7/20</i> | 10:00-10:45am Athletic H2O <i>Activity</i> | | 10:15-11:00am Athletic H2O <i>Rec</i> | 10:00-11:00am H2O Sampler <i>Rec</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> | | |
| 12:15-1:00pm Arthritis H2O <i>Warm Water</i> | 11:15am-12:00pm Arthritis H2O <i>Warm Water</i> | | 11:15am-12:00pm Arthritis H2O <i>Warm Water</i> | | | |
| | | 1:15-1:45pm Splash & Dash <i>Activity</i> <i>No class 6/15</i> | 1:15-1:45pm Splash & Dash <i>Activity</i> <i>No class 6/16</i> | | | |
| 1:00-1:45pm Small Group Train <i>Warm Water</i> | | | 1:00-1:45pm Small Group Train <i>Warm Water</i> | | 1:00-1:45pm Small Group Train <i>Warm Water</i> | |
| | | | | | | |
| 6:00-7:15pm Swim Team <i>Rec</i> | | 6:00-7:15pm Swim Team <i>Rec</i> | 6:00-7:15pm Swim Team <i>Rec</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/Act</i> | 6:15-7:00pm* Aqua Fit Deep/ Athletic H2O <i>Rec/Act</i> | 6:15-7:00pm* Athletic H2O/ Aqua Fit Deep <i>Rec/Act</i> | *Please see app or portal for class format and location. No class 6/14, 6/21 & 7/5 due to home swim meets | | | |
| 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 |

Rec | outdoors
Activity | indoors
Lap | indoors
Family | indoors

- 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.