

# FALL 2022 POOL SCHEDULE

| acac Midlothian

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  | Sunday                                     |
|---|---|--|---|--|---|--|
| 6:00-7:15am<br>Masters<br><i>Lap</i>                  |   | 6:00-7:15am<br>Masters<br><i>Lap</i>             |   | 6:00-7:15am<br>Masters<br><i>Lap</i>             |   |  |
| 8:15-9:00am<br>Small Group Train<br><i>Activity</i>   |   |  | 8:15-9:00am<br>Small Group Train<br><i>Activity</i>     |  | 8:00-9:15am<br>Masters<br><i>Rec/Lap</i>              |  |
| 9:15-10:00am<br>Aqua Zumba®<br><i>Rec</i>             | 9:15-10:00am<br>H2O Tabata<br><i>Rec</i>              | 9:15-10:00am<br>H.I.I.T. H2O<br><i>Rec</i>       | 9:00-9:45am<br>WATERinMOTION®<br><i>Rec</i>             | 9:15-10:00am<br>Aqua Zumba®<br><i>Rec</i>        | 9:20-10:05am<br>WATERinMOTION®<br><i>Rec</i>          |  |
| 10:15-11:00am<br>WATERinMOTION®<br><i>Rec</i>         |   | 10:15-11:00am<br>WATERinMOTION®<br><i>Rec</i>    | 10:00-10:45am<br>Athletic H2O<br><i>Rec</i>             | 10:15-11:00am<br>Aqua Fit<br><i>Rec</i>          | 10:15-11:00am<br>Athletic H2O<br><i>Rec</i>           | 10:00-11:00am<br>H2O Sampler<br><i>Rec</i> |
| 11:15am-12:00pm<br>Aqua Zen<br><i>Warm Water</i>      | 10:30-11:30am<br>Small Group Train<br><i>Activity</i> | 11:15am-12:00pm<br>Aqua Zen<br><i>Warm Water</i> | 11:00am-12:00pm<br>Small Group Train<br><i>Activity</i> | 11:15am-12:00pm<br>Aqua Zen<br><i>Warm Water</i> |   |  |
| 12:15-1:00pm<br>Arthritis H2O<br><i>Warm Water</i>    | 11:15am-12:00pm<br>Arthritis H2O<br><i>Warm Water</i> |  | 11:15am-12:00pm<br>Arthritis H2O<br><i>Warm Water</i>   |  |   |  |
| 1:00-1:45pm<br>Small Group Train<br><i>Warm Water</i> |   |  | 1:00-1:45pm<br>Small Group Train<br><i>Warm Water</i>   |  | 1:00-1:45pm<br>Small Group Train<br><i>Warm Water</i> |  |
| 4:45-6:00pm<br>Dolphin Club<br><i>Activity</i>        | 4:45-6:00pm<br>Dolphin Club<br><i>Activity</i>        | 4:45-6:00pm<br>Dolphin Club<br><i>Activity</i>   | 4:45-6:00pm<br>Dolphin Club<br><i>Activity</i>          |  |   |  |
|   | 6:00-7:15pm<br>Masters<br><i>Lap</i>                  |  | 6:00-7:15pm<br>Masters<br><i>Lap</i>                    |  |   |  |
| 6:15-7:00pm<br>H.I.I.T. H2O<br><i>Rec</i>             | 6:15-7:00pm<br>Aqua Fit Deep<br><i>Rec</i>            | 6:15-7:00pm<br>Athletic H2O<br><i>Rec</i>        |   |  |   |  |
| 9:45pm<br>POOL CLOSED                                 | 9:45pm<br>POOL CLOSED                                 | 9:45pm<br>POOL CLOSED                            | 9:45pm<br>POOL CLOSED                                   | 8:45pm<br>POOL CLOSED                            | 7:45pm<br>POOL CLOSED                                 | 7:45pm<br>POOL CLOSED                      |

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

All water exercise classes are scheduled for the Outdoor Rec Pool. In the event of inclement weather or if the temperature is less than 60 degrees, class will be relocated to the Indoor Activity Pool.

 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 9/9/22. Subject to change.