

# WINTER 2023 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>		
8:15-9:00am Small Group Train <i>Activity</i>		8:30-9:00am Ai Chi <i>Warm Water</i>	8:15-9:00am Small Group Train <i>Activity</i>		8:00-9:15am 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 H2O Tabata <i>Activity</i>	9:15-10:15am 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>		10:15-11:00am 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>		
12:15-1:00pm Arthritis H2O <i>Warm Water</i>	11:15am-12:00pm Arthritis H2O <i>Warm Water</i>	12:15-1:00pm 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>			1:00-1:45pm Small Group Train <i>Warm Water</i>		1:00-1:45pm Small Group Train <i>Warm Water</i>	
4:45-6:00pm Dolphin Club <i>Activity</i>	4:45-6:00pm Dolphin Club <i>Activity</i>	4:45-6:00pm Dolphin Club <i>Activity</i>	4:45-6:00pm Dolphin Club <i>Activity</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>				
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

 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.