

Activity Pool Schedule Winter/Spring 2023										
Monday	Tuesday		Wednesday	Thursday		Friday	Saturday		Sunday	
	6:10-6:5: Aqua I				6:55am Ia Fit					
9:35-10:20am Aqua Fit	9:35-10:20am Aqua Fit		9:35-10:20am Aqua Fit	9:35-10:20am Aqua Fit		9:35-10:20am Aqua Fit	12:00	9:00am- 12:00pm Swim	9:35-10:20am Aqua Mix	
10:30-11:30am Sr. Aquatics	10:30-11:3 Sr. Aqua		10:30-11:30am Sr. Aquatics			10:30-11:30am Sr. Aquatics		Lessons*		
	4:00pm- 6:00pm SGT*			4:00pm- 6:00pm SGT*						
5:30pm-6:15pm Aqua Zumba										
	5:30pm- 6:30pm			5:30pm- 6:30pm						
	Swim Lessons*			Swim Lessons*						
									Masters/SGT	
							Water Exercise Swim Lessons			
							Family Time Lap Swim Availability			

*Lane split may vary. Visit the member portal or app for most up to date lane availability prior to making reservation.

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.



acac Albemarle Square

Winter/Spring 2023 Warm Water Pool Schedule 8:30am-9:30am 8:30am-9:30am 8:30am-9:30am 9:00am-12:15pm Family Time Family Time Family Time Swim Lessons 9:30am-11:00am 12:30pm-3:30pm 11:00am-3:30pm Family Time Family Time Swim Lessons 12:00pm-12:45pm 12:00pm-12:45pm 12:00pm-12:45pm Aqua Strength Aqua Strength Aqua Strength 4:00pm-6:00pm 4:00pm-5:00pm 4:00pm-6:00pm 4:00pm-5:00pm 4:00pm-7:00pm Family Time Family Time Family Time Family Time Family Time 6:00-7:00pm Warm Water 5:30pm-7:30pm 5:30pm-7:30pm Masters/SGT Exercise for Pain Swim Lessons Swim Lessons Relief Water Exercise Swim Lessons Family Time Lap Swim Availability

Lap Pool Schedule Masters 7:00am-6:45pm 7:00am-6:45pm Swim Open for Open for 5:00am-8:00am-5:00am-9:45pm 5:00am-9:45pm Reservations Reservations 5:00am-9:45pm 5:00am-9:45pm 9:45pm 9:00am Open for Open for Open for Open for Open for Reservations Reservations Reservations Reservations Reservations

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Updated on 1/3/23. Subject to change.