

POOL SCHEDULE | acac Short Pump

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am WATERinMOTION® <i>Activity</i>	9:00-9:45am Aqua HITT Deep <i>Activity</i>	9:00-10:00am WATERinMOTION® <i>Activity</i>	9:00-9:45am Athletic H2O <i>Activity</i>	9:00-9:45am Aqua HITT Deep <i>Activity</i>	9:00-10:00am WATERinMOTION® <i>Activity</i>	
					9:30-10:00am Beginner Swim <i>Warm Water</i>	
					10:00-10:45am Advanced Swim <i>Activity (1 lane)</i>	
					10:45-11:15am Dolphin Babies <i>Warm Water</i>	
12:15-1:00pm Aqua Strength <i>Warm Water</i>	12:15-1:00pm Aqua Arthritis <i>Warm Water</i>	12:15-1:00pm Aqua Strength <i>Warm Water</i>	12:15-1:00pm PLATINUM WATERinMOTION® <i>Warm Water</i>			
	5:00-6:00pm Dolphin Club <i>Activity</i>					5:00-6:00pm Dolphin Club <i>Activity</i>
		5:30-6:30pm Dolphin Club <i>Activity</i>	5:30-6:00pm Beginner Group <i>Warm Water</i>			
			6:00-6:45pm Advanced Swim <i>Activity (1 lane)</i>	6:00-7:00pm Dolphin Club <i>Activity</i>		
6:30-7:15pm Aqua Strength <i>Activity</i>		6:30-7:15pm Aqua Barre <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

 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.

Subject to change.