

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>		
8:00-8:45pm Small Group Train <i>Rec/Activity</i>					8:00-9:15am Masters <i>Lap</i>	
9:15-10:00am Aqua Zumba® <i>Rec/Activity</i>	9:15-10:00am Aqua Tabata <i>Rec/Activity</i>	9:15-10:00am AquaTabata <i>Rec/Activity</i>	9:15-10:15am WATERinMOTION® <i>Rec/Activity</i>	9:15-10:00am Aqua Zumba® <i>Rec/Activity</i>	9:30-10:15am Aqua HIIT <i>Rec/Activity</i>	
10:15-11:00am WATERinMOTION® <i>Rec/Activity</i>	10:15-11:00am Aqua Zen <i>Warm Water</i>	10:15-11:00am WATERinMOTION® <i>Red/Activity</i>		10:15-11:00am Aqua Fit <i>Rec/Activity</i>		10:00-11:00am Aqua Sampler <i>Rec/Activity</i>
	10:30-11:30am Small Group Train <i>Rec/Activity</i>		11:00am-12:00pm Small Group Train <i>Rec/Activity</i>	11:00-11:45pm Small Group Train <i>Activity</i>		
11:15am-12:00pm Aqua Zen <i>Warm Water</i>	11:15am-12:00pm Arthritis H2O <i>Warm Water</i>	11:15am-12:00pm Aqua Zen <i>Warm Water</i>	11:15am-12:00pm Arthritis H2O <i>Warm Water</i>	11:15am-12:00pm Aqua Zen <i>Warm Water</i>		
12:15-1:00pm Arthritis H2O <i>Warm Water</i>		12:15-1:00pm Arthritis H2O <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 S'WET Deep <i>Rec/Activity</i>		6:15-7:00pm Aqua Fit <i>Rec/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.

Check the app for class location.

Rec=Outdoor pool

Activity=Indoor pool closest to stairs

Lap=Indoor pool further from stairs

Warm Water=Indoor pool next to hot tub

Updated on 9/12/25. Subject to change.