

# POOL SCHEDULE

acac Midlothian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:15am Masters Lap		6:00-7:15am Masters Lap		6:00-7:15am Masters Lap		
8:00-8:45pm Small Group Train Activity					8:00-9:15am Masters Lap	
9:15-10:00am Aqua Zumba® Activity	9:15-10:00am Aqua Tabata Activity	9:15-10:00am Aqua Deep Activity	9:15-10:15am WATERinMOTION® Activity	9:15-10:00am Aqua Zumba® Activity	9:30-10:15am Aqua Tabata Activity	
10:15-11:00am WATERinMOTION® Activity	10:15-11:00am Aqua Zen Warm Water	10:15-11:00am WATERinMOTION® Activity		10:15-11:00am Aqua Fit Activity		10:00-11:00am Aqua Sampler Activity
	10:30-11:30am Small Group Train Activity		11:00am-12:00pm Small Group Train Activity	11:00-11:45pm Small Group Train Activity	10:30-11:40am Dolphin Swim School Family	
11:15am-12:00pm Aqua Zen Warm Water	11:15am-12:00pm Arthritis H2O Warm Water	11:15am-12:00pm Aqua Zen Warm Water	11:15am-12:00pm Arthritis H2O Warm Water	11:15am-12:00pm Aqua Zen Warm Water		
12:15-1:00pm Arthritis H2O Warm Water		12:15-1:00pm Arthritis H2O Warm Water				
1:15-2:00pm Small Group Train Warm Water						

4:45-6:00pm Dolphin Club Activity	4:45-6:00pm Dolphin Club Activity	4:45-6:00pm Dolphin Club Activity	4:45-6:00pm Dolphin Club Activity			
5:10-5:40pm Dolphin Swim School Family	5:10-5:40pm Dolphin Swim School Family	5:10-5:40pm Dolphin Swim School Family	5:10-5:40pm Dolphin Swim School Family			
	6:00-7:15pm Masters Lap		6:00-7:15pm Masters Lap			
6:15-7:00pm SWET Deep Activity		6:15-7:00pm Aqua Fit Activity				
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

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.

Masters Swim

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

Family=Family pool

Paid Program/Lesson