

# 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>	8:15-8:55am Aqua Tabata <i>Rec/Activity</i>		8:15-8:55am Ai Chi <i>Rec/Warm Water</i>	8:10-8:55am Aqua Fit <i>Rec/Activity</i>	8:00-9:15am Masters <i>Lap</i>	
8:30-9:00am DolphinSwim School <i>Family</i>	8:30-9:00am Dolphin Babies <i>Family</i>		8:30-9:00am Dolphin Babies <i>Family</i>			
9:00-11:15am SwimTeam <i>Rec</i> <i>June 1 - July 13</i>	9:00-11:15am SwimTeam <i>Rec</i> <i>June 1 - July 13</i>	9:00-11:15am SwimTeam <i>Rec</i> <i>June 1 - July 13</i>	9:00-11:15am SwimTeam <i>Rec</i> <i>June 1 - July 13</i>	9:00-11:15am SwimTeam <i>Rec</i> <i>June 1 - July 13</i>	9:00-11:45am Dolphin Babies & Swim School <i>Family</i>	
9:15-10:00am Aqua Zumba® <i>Activity</i>	9:15-9:45am Dolphin Babies <i>Activity</i>	9:15-10:00am Aqua Deep <i>Rec/Activity</i>	9:15-10:15am WATERinMOTION® <i>Activity</i>	9:15-10:00am Aqua Zumba® <i>Activity</i>	9:30-10:15am Aqua Tabata <i>Rec/Activity</i>	
10:00-10:30am DolphinSwim School <i>Family</i>	10:00-10:30am Dolphin Babies <i>Family</i>		10:00-10:30am Dolphin Babies <i>Family</i>			10:00-11:00am Aqua Sampler <i>Rec/Activity</i>
10:15-11:00am WATERinMOTION® <i>Activity</i>	10:30-11:30am Small Group Train <i>Rec/Activity</i>	10:15-11:00am WATERinMOTION® <i>Rec/Activity</i>	11:00am-12:00pm Small Group Train <i>Rec/Activity</i>	11:00-11:45pm Small Group Train <i>Rec/Activity</i>		
11:00am-12:00pm Aqua Arthritis/Zen <i>Warm Water</i>	11:00am-12:00pm Aqua Arthritis/Zen <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>				
		1:15-1:45pm Summer Camp <i>Activity</i>				
5:30-6:00pm Dolphin Swim School <i>Family + Activity</i>			5:30-6:00pm Dolphin Swim School <i>Family + Activity</i>			
6:00-7:15pm Swim Team <i>Rec</i> <i>June 1 - July 13</i>		6:00-7:15pm Swim Team <i>Rec</i> <i>June 1 - July 13</i>	6:00-7:15pm Swim Team <i>Rec</i> <i>June 1 - July 13</i>			
6:15-7:00pm S'WET Deep <i>Activity</i>	6:00-7:15pm Masters <i>Lap</i>	6:15-7:00pm Aqua Fit <i>Activity</i>	6:00-7:15pm Masters <i>Lap</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

Family=Family pool

Updated on 5/30/26. Subject to change.

