

# 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>			9:00-9:30am Dolphin Babies <i>Family</i>		8:00-9:15am Masters <i>Lap</i>	
					9:00-11:45am Dolphin Babies & Swim School <i>Family</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 Aqua Deep <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 Tabata <i>Rec/Activity</i>	
10:15-11:00am WATERinMOTION® <i>Rec/Activity</i>		10:15-11:00am WATERinMOTION® <i>Rec/Activity</i>	11:00-11:30am Dolphin Babies <i>Family</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>Rec/Activity</i>		
11:15am-12:00pm Aqua 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>		12:15-1:00pm Arthritis H2O <i>Warm Water</i>				
4:00-6:30pm Swim Team <i>Rec</i> <i>May 11 - 29</i>	4:00-6:30pm Swim Team <i>Rec</i> <i>May 11 - 29</i>	4:00-6:30pm Swim Team <i>Rec</i> <i>May 11 - 29</i>	4:00-6:30pm Swim Team <i>Rec</i> <i>May 11 - 29</i>			
4:45-6:00pm Swim Team Prep <i>Activity</i> <i>May 4 - 7</i>	4:45-6:00pm Swim Team Prep <i>Activity</i> <i>May 4 - 7</i>	4:45-6:00pm Swim Team Prep <i>Activity</i> <i>May 4 - 7</i>	4:45-6:00pm Swim Team Prep <i>Activity</i> <i>May 4 - 7</i>			
5:10-5:40pm Dolphin Swim School <i>Family</i>	5:10-5:40pm Dolphin Swim School <i>Family</i>	5:10-5:40pm Dolphin Swim School <i>Family</i>	5:10-5:40pm Dolphin Swim School <i>Family</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>Activity</i>	6:00-6:30pm Dolphin Swim School <i>Activity</i>	6:15-7:00pm Aqua Fit <i>Activity</i>	6:00-6:30pm Dolphin Swim School <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

 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