

FALL 2019 POOL SCHEDULE

| acac Midlothian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00am Masters <i>Lap</i>		5:45-7:00am Masters <i>Lap</i>		5:45-7:00am Masters <i>Lap</i>		
8:15-9:00am WATERinMOTION® EX <i>Activity/Rec</i>	8:30-9:00am Ai Chi <i>Warm Water</i>				7:55-8:55am Masters <i>Lap</i>	
9:15-10:15am Aqua Zumba® <i>Activity/Rec</i>	9:15-10:15am WATERinMOTION® <i>Activity/Rec</i>	9:15-10:15am Aqua Fit <i>Activity/Rec</i>	9:15-10:15am WATERinMOTION® <i>Activity/Rec</i>	9:15-10:15am Aqua Fit <i>Activity/Rec</i>	9:30-10:30am WATERinMOTION® <i>Activity/Rec</i>	9:00-10:30am Masters <i>Lap</i>
10:15-11:15am Aqua Zen <i>Warm Water</i>	10:15-11:15am Aqua Zen <i>Warm Water</i>	10:15-11:00am H.I.I.T. H2O <i>Activity/Rec</i>	10:15-11:15am Aqua Zen <i>Warm Water</i>	10:15-11:15am Aqua Zen <i>Warm Water</i>	10:00-11:30am Group Swim Lesson <i>Family</i>	
	10:30-11:30am Ultimate Aqua Fit. <i>Activity/Rec</i>		10:30-11:30am Ultimate Aqua Fit. <i>Activity/Rec</i>			10:35-11:35am H2O Sampler <i>Activity/Rec</i>
11:30am-12:15pm p.r.e.p. <i>Warm Water</i>	11:15am-12:00pm Arthritis H ₂ O <i>Warm Water</i>	11:15am-12:15pm Aqua Zen <i>Warm Water</i>	11:15am-12:00pm Arthritis H ₂ O <i>Warm Water</i>	11:30am-12:15pm p.r.e.p. <i>Warm Water</i>		
12:30-1:15pm Arthritis H ₂ O <i>Warm Water</i>		12:30-1:15pm p.r.e.p. <i>Warm Water</i>		11:30am-12:15pm Water Walk & Run <i>Activity/Rec</i>		
1:15-1:45pm Preschool Swim Lessons <i>Family</i>		1:15-1:45pm Preschool Swim Lessons <i>Family</i>				3:00-4:30pm All Ages Swim Lessons <i>Family</i>
	5:00-5:45pm p.r.e.p. <i>Warm Water</i>		5:00-5:45pm p.r.e.p. <i>Warm Water</i>			
5:00-5:45pm Dolphin Club <i>Activity</i>	5:00-5:45pm Marlin Club <i>Activity</i>	5:00-5:45pm Dolphin Club <i>Activity</i>	5:00-5:45pm Marlin Club <i>Activity</i>			
5:00-6:00pm Varsity Swim Prep <i>Activity</i>	5:30-6:30pm Group Swim Lesson <i>Activity</i>	5:00-6:00pm Varsity Swim Prep <i>Activity</i>	5:30-6:30pm Performance Swim <i>Lap</i>			
5:30-6:15pm Arthritis H ₂ O <i>Warm Water</i>	6:15-7:15pm Aqua Fit Deep <i>Activity/Rec</i>		5:45-6:30pm Aqua Running <i>Activity/Rec</i>			
6:20-7:05pm H.I.I.T. H2O EX <i>Activity/Rec</i>	6:30-7:30pm Adult Learn to Swim <i>Activity</i>	6:15-7:15pm Athletic H2O <i>Activity/Rec</i>	6:00-6:45pm Aqua Strength <i>Warm Water</i>			
	6:30-7:45pm Masters <i>Lap</i>	6:30-7:45pm Masters <i>Lap</i>	6:30-7:45pm 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

 p.r.e.p.® class

 Paid Program/Lesson

 Masters

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.

Updated on 11/05/19. Subject to change.
Please check back frequently.