



UCHealth Medical Fitness Therapy Pool Schedule April 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
6:00	Adult Exercise 5:00-8:30 & 12:30-2:00		Adult Exercise 5:00-8:30			Closed	Closed
7:00		Adult Exercise 5:00-10:30			Adult Exercise 5:00-10:30		
8:00	Reserved for Physical Therapy 8:30-12:30		Reserved for STEP 8:30-9:30	Adult Exercise 5:00-12:30		Adult Exercise 7:00-12:00	Adult Exercise 9:00-12:00
9:00							
10:00		Aqua Wave 10:30-11:30	Adult Exercise 9:30-12:30 & 1:30-2:00		Aqua Wave 10:30-11:30		
11:00							
12:00			Reserved for STEP 12:30-1:30	Aqua Wave 12:30-1:30	Adult Exercise 11:30-2:00	Open Swim 12:00-5:45	Open Swim 12:00-4:45
1:00							
2:00	Ai Chi 2:00-2:45	Adult Exercise 11:30-6:30	Ai Chi 2:00-2:45		Ai Chi 2:00-2:45		
3:00							
4:00	Adult Exercise 2:45-6:30		Reserved for Physical Therapy 3:00-6:30	Adult Exercise 1:30-6:30	Open Swim 2:45-7:45		
5:00							
6:00	Open Swim 6:30-8:45	Open Swim 6:30-8:45	Open Swim 6:30-8:45	Open Swim 6:30-8:45	Closed	Closed	Closed
7:00							
8:00					Closed		

• **No Lifeguard On Duty. No Jumping, Running or Diving.**

• **Adult Exercise:** Pool is reserved for adult water exercise and therapy.

• **Open Swim:** All ages welcome. Children under the age of 16 must be accompanied by a parent or legal guardian 18 years of age or older.

• **Warm Water Classes** (highlighted in blue): Pool is reserved for class participants. See Group EX schedule for class descriptions.

• **Aquatics Center closes 15 minutes prior to the fitness center closing.**

• **Youth Swim Lessons:** Private youth swim lessons may be scheduled during adult exercise swim times.

• **Special Programs:** Occasionally the pool may be reserved for special aquatic programming.