



## NORTHSIDE HOSPITAL FAMILY AQUATIC CENTER INDOOR POOL SCHEDULE - Summer 2017

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-8:00am	<i>*Closed*</i>	Masters Swim till 7:30 (3) Lap Swim (3)	Lap Swim (5) Open Swim (1)	Masters Swim till 7:30 (3) Lap Swim (3)	Lap Swim (5) Open Swim (1)	Masters Swim till 7:30 (3) Lap Swim (3)	<i>*Closed*</i>
8:00-9:00am	Lap Swim (5) Open Swim (1)	Lap Swim (5) Open Swim (1)	Lap Swim (5) Open Swim (1)	Lap Swim (5) Open Swim (1)	Lap Swim (5) Open Swim (1)	Lap Swim (5) Open Swim (1)	Lap Swim (4) Open Swim (2)
9:00-10:00am	Water Aerobics (4) Lap Swim (1) Open Swim (1)	Integrated Therapy (1) Water Aerobics (4) Lap Swim (1)	Integrated Therapy (1) Water Aerobics (4) Lap Swim (1)	Integrated Therapy (1) Water Aerobics (4) Lap Swim (1)	Integrated Therapy (1) Water Aerobics (4) Lap Swim (1)	Integrated Therapy (1) Water Aerobics (4) Lap Swim (1)	Lap Swim (4) Open Swim (2)
10:00-11:00am	Lap Swim (1) Open Swim (2) Group Swim Class 10:30am-11am (1) Maccabi Swim Team 10am-11:30am (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	FOCUS Swim Team (2) Lap Swim (2) Open Swim (2)
11:00am-12:00pm	Lap Swim (4) Open Swim (2)	Integrated Therapy (1) H2O Baby/Open Swim 11am-11:45am (2) Lap Swim (1) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	FOCUS Swim Team (2) Lap Swim (2) Open Swim (2) <i>*JCC Closes at 12pm</i>
12:00-2:00pm	Lap Swim (4) Open Swim (2)	Integrated Therapy (1) Water Aerobics 12:00- 1:00pm (4) Lap Swim (1)	Integrated Therapy (1) Water Aerobics 12:00-1:00pm(4) Lap Swim (1)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Water Aerobics 12:00-1:00pm (4) Lap Swim (1)	Integrated Therapy (1) Water Aerobics 12:00-1:00pm(4) Lap Swim (1)	
2:00-4:30pm	Water Volleyball 2:00-4:00pm (3) Lap Swim (1) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	
4:30-6:30pm	Lap Swim (4) Open Swim (2) <i>*Until 6pm*</i>	JCC Swim Team (5) Open Swim (1)	JCC Swim Team (5) Open Swim (1)	JCC Swim Team (5) Open Swim (1)	JCC Swim Team (5) Open Swim (1)	JCC Swim Team (5) Open Swim (1) <i>*JCC Closes at 6pm*</i>	
6:30-7:30pm	Women's Swim 6:00-7:00pm (6) Men's Swim 7:00-8:00pm (6)	Water Aerobics (2) Just People Swim Team 7pm-8pm (3) Lap Swim (1)	Pregnancy Aerobics (2) Water Volleyball 7:00-8:15pm (3) Open/Lap Swim (1)	Water Aerobics (2) Maccabi Swim Team 6:30pm-7:30pm (2) Lap Swim (2)	Lap Swim (4) Open Swim (2)	<i>*Closed*</i>	<i>*Closed*</i>
7:30-9:00pm	Men's Swim 7:00-8:00pm (6) <i>*JCC Closes at 8pm*</i>	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	<i>*Closed*</i>	<i>*Closed*</i>
9:00-10:00pm	<i>*Closed*</i>	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Women's Swim (6)	Men's Swim (6)	<i>*Closed*</i>	<i>*Closed*</i>