



NORTHSIDE HOSPITAL FAMILY AQUATIC CENTER 2018 INDOOR POOL SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-8:00 am	<i>*Closed*</i>	Masters Swim till 7:30 (3) Lap Swim (2) Open Swim (1)	Lap Swim (5) Open Swim (1)	Masters Swim till 7:30 (3) Lap Swim (2) Open Swim (1)	Lap Swim (5) Open Swim (1)	Masters Swim till 7:30 (3) Lap Swim (2) Open Swim (1)	<i>*Closed*</i>
8:00-9:00 am	JCC Swim Team (3) Lap Swim (2) 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)
9:00-10:00 am	Water Aerobics (4) JCC Swim Team (1) 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)	Integrated Therapy (1) Water Aerobics (4) Lap Swim (1)	Lap Swim (4) Open Swim (2)
10:00-11:00 am	Lap Swim (3) Open Swim (2) Group Swim Class (1)	Integrated Therapy (1) Lap Swim (3) Open Swim (2)	Integrated Therapy (1) Pre-K/Open Swim (2) Lap Swim (3)	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)
11:00 am-12:00 pm	Lap Swim (4) Open Swim (2)	Integrated Therapy (1) Lap Swim (1) Open Swim (2)	Pre-K /Open Swim (2) Integrated Therapy (1) Lap Swim (3)	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)
12:00-2:00 pm	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)	Lap Swim (4) Open Swim (2)



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TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:00-4:30 pm	Water Volleyball 2:00-4:00pm (3) Open Swim (2) Lap Swim (1)	Integrated Therapy (1) Open Swim (2) Lap Swim (1)	Integrated Therapy (1) Open Swim (2) Lap Swim (1)	Integrated Therapy (1) Open Swim (2) Lap Swim (1)	Integrated Therapy (1) Open Swim (2) Lap Swim (1)	Integrated Therapy (1) Open Swim (2) Lap Swim (1)	Lap Swim (4) Open Swim (2)
4:30-6:30 pm	Lap Swim (3) Open Swim (2) Weber High School 4pm-6pm (1) <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>	Lap Swim (4) Open Swim (2) <i>*JCC Closes at 6pm*</i>
6:30-7:30 pm	Women's Swim 6:00-7:00pm (6) Men's Swim 7:00-8:00pm (6) Yeshiva 6:00pm-8:00pm	Water Aerobics/Open Swim (2) JCC Swim Team till 7pm (4)	Pregnancy Aerobics (2) JCC Swim Team till 7pm (3) Open Swim (1)	Water Aerobics/Open Swim (2) JCC Swim Team till 7pm (3) Lap Swim (1)	JCC Swim Team till 7pm (3) Weber High School (1) Open Swim (2) Lap Swim (1)	<i>*Closed*</i>	<i>*Closed*</i>
7:30-9:00pm	Men's Swim 7:00-8:00pm (6) Yeshiva 6:00pm-8:00pm <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>