



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) | <i>*Indoor Pool Closes at</i> <i>*Closed*</i> |



NORTHSIDE HOSPITAL FAMILY AQUATIC CENTER INDOOR POOL SCHEDULE - Fall 2018

| 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) | <u>*Closed*</u> |
| 4:30-6:30 pm | Lap Swim (3) Open Swim (2) <u>*Until 6pm*</u> | JCC Swim Team (5) *NO Lap swimming 5:00-6:00 Open Swim (1) *lane available at 6:00 | JCC Swim Team (5) *NO Lap swimming 5:00-6:00 Open Swim (1) *lane available at 6:00 | JCC Swim Team (5) *NO Lap swimming 5:00-6:00 Open Swim (1) *lane available at 6:00 | JCC Swim Team (5) *NO Lap swimming 5:00-6:00 Open Swim (1) *lane available at 6:00 | JCC Swim Team (5) Open Swim (1) <u>*JCC Closes at 6pm*</u> | <u>*Closed*</u> |
| 6:30-7:30 pm | Women's Swim 6:00-7:00pm (6) Men's Swim 7:00-8:00pm (6) | 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) Open Swim (2) Lap Swim (1) | <u>*Closed*</u> | <u>*Closed*</u> |
| 7:30-9:00pm | Men's Swim 7:00-8:00pm (6) Boyscout troop 613: 7pm-8pm (1) <u>*JCC Closes at 8pm*</u> | Lap Swim (4) Open Swim (2) | Lap Swim (4) Open Swim (2) | Lap Swim (4) Open Swim (2) | Lap Swim (4) Open Swim (2) | <u>*Closed*</u> | <u>*Closed*</u> |
| 9:00-10:00pm | <u>*Closed*</u> | Lap Swim (4) Open Swim (2) | Lap Swim (4) Open Swim (2) | Women's Swim (6) | Men's Swim (6) | <u>*Closed*</u> | <u>*Closed*</u> |