

# OLQH Family Life Community Center

## Pool Schedule FALL 2019

**Open 5am-8pm Weekdays      8am-7pm Saturdays      12pm-8pm Sundays**

Lap lanes open for adult swimmers during all classes, practices, & Family Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am-8:45am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Family Swim	
8:45am-9:30am	Water Aerobics		Water Aerobics		Water Aerobics	Family Swim	
9:10am-9:50am		Water Aerobics		Water Aerobics		Family Swim	
9:30am-10:15am	Water Aerobics		Water Aerobics		Water Aerobics	Family Swim	
10:30am-1:00pm						Family Swim	Family Swim
1:00pm-2:00pm		water therapy	water therapy	water therapy		Family Swim	Family Swim
2:15pm-3:15pm						Family Swim	Family Swim
3:30pm-5:00pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Family Swim	Family Swim
5:15pm-6pm	Water Aerobics	Water Aerobics		Water Aerobics		Family Swim	Family Swim
6pm-7pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
7pm-8pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		Family Swim

**Family Swim: Weekdays 6pm-8pm**

**Saturdays: 8am-7pm**

**Sundays: 12pm-8pm**