

OLQH Family Life Community Center

Pool Schedule (Updated for COVID-19)

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		
8:45am-9:30am	Water Aerobics		Water Aerobics		Water Aerobics		
9:10am-9:50am		Water Aerobics		Water Aerobics			
9:30am-10:15am	Water Aerobics		Water Aerobics		Water Aerobics		
10:30am-1:00pm							
1:00pm-2:00pm		water therapy	water therapy	water therapy			
2:15pm-3:15pm							
4:00pm-5:00pm		Swim Team	Swim Team	Swim Team			
5:15pm-6pm	Water Aerobics	Water Aerobics		Water Aerobics			
6pm-7pm							
7pm-8pm							