

Lap Pool Schedule

Winter/Spring 2018

January 8 - June 3, 2018

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN	TIME
5:45	Swim Fit 5:45-7:45	Masters Swm 6:00-7:15 4 lanes	Swim Fit 5:45-6:30	Masters Swm 6:00-7:15 4 lanes	Masters Swm 6:00-7:15 4 lanes	CLOSED	CLOSED	5:45
6:30			Members 5:45-8:15					SWIM CLIN - Ln 1
7:00	Aqua Aer 8:20-9:20	Aqua Aer 10:05-11:05	Swim Fit 9:30-11:30	Aqua Aer 10:05-11:05	Swim Fit 9:30-10:30	Members 11:00-4:45	CLOSED	
7:30	Members 7:20-10:00							Deep H2O 11:10-11:55
8:00	Aqua Aer 10:05-11:05	Masters Swm 12:00-12:45 4 lanes	Members 12:50-3:00	Masters Swm 12:00-12:45 4 lanes	Members 12:50-3:00	Members 11:00-4:45	CLOSED	
8:30								Swim Fit 1:45-3:00
9:00	Swim Fit 2:30-4:30	MSCR Deep 3:00-3:45	Swim Fit 2:30-4:30	MSCR Aq Aer 3:00-3:45	Swim Fit 2:30-4:30	Members 11:00-4:45	CLOSED	
9:30								Members 9:30-6:25
10:00	Members 9:30-6:25	Members 4:35-5:25	Members 5:30-6:30 4 lanes	Members 4:35-5:25	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
10:30								Members 9:30-6:25
11:00	Members 9:30-6:25	Masters Swim 4 lanes	Members 7:20-9:45	Masters Swim 4 lanes	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
11:30								Members 9:30-6:25
12:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
12:30								Members 9:30-6:25
1:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
1:30								Members 9:30-6:25
2:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
2:30								Members 9:30-6:25
3:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
3:30								Members 9:30-6:25
4:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
4:30								Members 9:30-6:25
5:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
5:30								Members 9:30-6:25
6:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
6:30								Members 9:30-6:25
7:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
7:30								Members 9:30-6:25
8:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
8:30								Members 9:30-6:25
9:00	Members 9:30-6:25	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	Members 11:00-4:45	CLOSED	
9:30								Members 9:30-6:25

UW Health
Sports Medicine 
uwsportsmedicine.org
(608) 263-7936

NOTE: Aquatic Center always closes 15 minutes prior to the building closing. Please plan your schedule to allow adequate time to shower, change clothes, and exit the building by stated closing time.

- XXXXXX
0:00-0:00 == Scheduled class time. A minimum of one lane will be available for independent (lap swimming, water walking, deep water running, etc.) use at these times. Please plan your schedule accordingly.
 - == Member, Swim Fit, PT, and TRP Priority times. These times are blocked off specifically for participants performing independent pool exercise.
- Pool schedules are subject to minor changes. Please see postings for special events (make up classes, etc.).