


# Warm Water Pool Schedule

Winter/Spring 2018

January 8 - June 3, 2018

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN	TIME	
5:45	Going Solo 5:45-6:45	Members 5:45-7:55	Going Solo 5:45-6:45	Members 5:45-7:55	Going Solo 5:45-6:45	<b>CLOSED</b>	<b>CLOSED</b>	5:45	
6:30									6:30
7:00	Members 5:45-9:25		Members 5:45-9:25		Members 5:45-9:25				7:00
7:30								7:30	
8:00	Going Solo/ Phys Ther 8:00-9:25	MSCR 8:00-8:55	Going Solo/ Phys Ther 8:00-9:25	MSCR 8:00-8:55	Going Solo/ Phys Ther 8:00-9:25		<b>CLOSED</b>	8:00	
8:30		Aqua Str & Flx 9:00-10:00		Aqua Str & Flx 9:00-10:00		MSCR 8:15-9:15			8:30
9:00								9:00	
9:30	Oakwood 9:30-10:25		Oakwood 9:30-10:25		Aqua Yoga Plus 9:30-10:30	Aqua Str & Flx 9:20-10:20		9:30	
10:00		Going Solo 10:00-11:00		Going Solo 10:00-11:00				10:00	
10:30	Arthritis Plus 10:30-11:30	PT Priority 10:00-12:50	Arthritis Plus 10:30-11:30	PT Priority 10:00-12:00	PT Priority 10:30-2:55	Members 10:30-4:45	Members 11:00-4:45	10:30	
11:00	PT Priority 11:30-2:55	Members 10:00-12:50	PT Priority 11:30-2:55		Members 10:30-2:55	Going Solo 11:30-12:30			11:00
11:30	Members 11:30-2:55		Members 11:30-2:55	Aqua Ai Chi 12:05-12:50					11:30
12:00		Arthritis Plus 12:55-1:55		Arthritis Plus 12:55-1:55				12:00	
12:30	Members 11:30-2:55							12:30	
1:00		MSCR Class 2:00-3:00	Going Solo 2:00-2:55	MSCR Class 2:00-3:00			Going Solo 2:00-3:00	1:00	
1:30	Going Solo 2:00-2:55							1:30	
2:00								2:00	
2:30								2:30	
3:00		PT Priority 3:00-4:30		PT Priority 3:00-4:30	MSCR class 3:00-4:00			3:00	
3:30	MSCR classes 3:00-5:00	Members 3:00-6:30	MSCR classes 3:00-5:00	Members 3:00-6:30				3:30	
4:00								4:00	
4:30	Mem 5:00-5:25	Going Solo 5:30-6:30	Mem 5:00-5:25	Going Solo 5:30-6:30	Members 4:00-7:45	Sat/Sun: close at 4:45 pm		4:30	
5:00	Aq Str & Flx 5:25-6:25		Aq Str & Flx 5:25-6:25	Going Solo 5:30-6:30		<b>CLOSED</b>	<b>CLOSED</b>	5:00	
5:30									
6:00		Aqua Ai Chi 6:35-7:20		Aqua Yoga 6:35-7:35	Members 4:00-7:45			6:00	
6:30	Members 6:30-9:45	Members 7:25-9:45	Members 6:30-9:45	Members 7:40-9:45				6:30	
7:00								7:00	
7:30								7:30	
8:00	Going Solo 8:30-9:30	Going Solo 8:30-9:30	Going Solo 8:30-9:30	Going Solo 8:30-9:30	Fri: close at 7:45 pm	 uwsportsmedicine.org (608) 263-7936		8:00	
8:30					<b>CLOSED</b>				8:30
9:00									9:00
9:30								9:30	

Mon - Thurs: close at 9:45 pm

01/22/18

**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, Going Solo, 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.).