

# Lap Pool Schedule

Summer 2017  
June 3 - August 20, 2017

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	Members 5:45-10:40	<b>CLOSED</b>	<b>CLOSED</b>	5:45
6:30			Members 5:45-8:15					SWIM CLIN - Ln 1
7:00	Aqua Aer 8:20-9:20	SWIM CLIN - Lane 1	Aqua Aer 8:20-9:20	Members 7:20-10:00	Members 8:00-4:45	<b>CLOSED</b>	<b>CLOSED</b>	
7:30	Swim Fit 9:30-11:30		Members 7:20-10:00					Swim Fit 9:30-11:30
8:00		Aqua Aer 10:05-11:05	Aqua Aer 8:20-9:20	Aqua Aer 10:05-11:05	MSCR Classes 10:45-12:35	8:00		
8:30	Members 9:30-6:25	Deep H2O 11:10-11:55	Members 9:30-4:45	Deep H2O 11:10-11:55		Members 11:00-4:45	<b>CLOSED</b>	8:30
9:00		Masters Swm 12:00-12:45 4 lanes		Masters Swm 12:00-12:45 4 lanes	Masters Swm 12:00-12:45 4 lanes			9:00
9:30	Members 9:30-6:25	Members 12:50-3:00	Members 9:30-4:45	Members 12:50-3:00	Members 11:00-4:45	<b>CLOSED</b>	<b>CLOSED</b>	9:30
10:00		Swim Fit 1:45-3:00		Swim Fit 1:45-3:00				Swim Fit 1:45-3:00
10:30	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	<b>CLOSED</b>	<b>CLOSED</b>	10:30
11:00		MSCR Aq Aer 3:45-4:30		MSCR Aq Aer 3:45-4:30				MSCR Aq Aer 3:45-4:30
11:30	SWIM CLIN - Lane 1	Members 4:35-5:25	Pediatric Fit 4:30-5:30 2 lanes	Members 4:35-5:25	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	11:30
12:00		Aqua Aer 5:30-6:30 4 lanes		Members 5:30-6:30				Aqua Aer 5:30-6:30 4 lanes
12:30	Members 9:30-6:25	Masters Swim 6:40-7:55	Swim 101 6:30-7:15	Masters Swim 6:40-7:55	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	12:30
1:00		Swim Fit 8:30-9:30		Swim Fit 8:30-9:30				Swim Fit 8:30-9:30
1:30	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	<b>CLOSED</b>	<b>CLOSED</b>	1:30
2:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
2:30	Aqua Sampler 6:30-7:15	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	2:30
3:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
3:30	Members 7:20-9:45	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	3:30
4:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
4:30	Members 7:20-9:45	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	4:30
5:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
5:30	Members 7:20-9:45	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	5:30
6:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
6:30	Members 7:20-9:45	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	6:30
7:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
7:30	Members 7:20-9:45	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	7:30
8:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
8:30	Members 7:20-9:45	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	8:30
9:00		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45
9:30	Members 7:20-9:45	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 12:40-7:45	<b>CLOSED</b>	<b>CLOSED</b>	9:30
		Members 7:20-9:45		Members 7:20-9:45				Members 7:20-9:45

Mon - Thurs: close at 9:45

Sat/Sun: close at 4:45

**CLOSED**

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**UW Health**  
Sports Medicine 

uwsportsmedicine.org  
**(608) 263-7936**

06/05/17

**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.).