

UW Health at The American Center

June 2018 Warm Water Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
As of June 1, 2018 children (under the age 13) will be allowed to swim on weekends and after 5pm on weekdays.			* Please avoid swimming during posted class times*			1	2
					Open Pool 7:30am-5pm Aqua Exercise 7:30-8:30am	Open Pool 7am-1pm Happy Hour 8-9am	
3	4	5	6	7	8	9	
Open Pool 11am-2pm	Open Pool 7:30-8:30pm Arthritis Aqua Exercise 7:30-8:30am Senior AquaEx 2-2:45pm	Open Pool 6am-8:30pm Yoga in the Pool 7:30-8:30am Aqua Core 5:30-6:30pm	Open Pool 6am-8:30pm Warm Water Gentle Moves 7:30-8:30am Senior AquaEx 2-2:45pm	Open Pool 6am-8:30pm Healing Waters (GMV) 7:30-8:30am Aqua Core 5:30-6:30pm	Open Pool 7:30am-5pm Aqua Exercise 7:30-8:30am	Open Pool 7am-1pm Happy Hour 8-9am	
10	11	12	13	14	15	16	
Open Pool 11am-2pm	Open Pool 7:30-8:30pm Arthritis Aqua Exercise 7:30-8:30am Senior AquaEx 2-2:45pm	Open Pool 6am-8:30pm Yoga in the Pool 7:30-8:30am Aqua Core 5:30-6:30pm	Open Pool 6am-8:30pm Warm Water Gentle Moves 7:30-8:30am Senior AquaEx 2-2:45pm	Open Pool 6am-8:30pm Healing Waters (GMV) 7:30-8:30am Aqua Core 5:30-6:30pm	Open Pool 7:30am-5pm Aqua Exercise 7:30-8:30am	Open Pool 7am-1pm Happy Hour 8-9am	
17	18	19	20	21	22	23	
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24	25	26	27	28	29	30	
Open Pool 11am-2pm	Open Pool 7:30-8:30pm Arthritis Aqua Exercise 7:30-8:30am Senior AquaEx 2-2:45pm	Open Pool 6am-8:30pm Yoga in the Pool 7:30-8:30am Aqua Core 5:30-6:30pm	Open Pool 6am-8:30pm Warm Water Gentle Moves 7:30-8:30am Senior AquaEx 2-2:45pm	Open Pool 6am-8:30pm Warm Water Healing 7:30-8:30am Aqua Core 5:30-6:30pm	Open Pool 7:30am-5pm Aqua Exercise 7:30-8:30am	Open Pool 7am-1pm Happy Hour 8-9am	

uwhealth.org/tacaquatics

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608-440-6600

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