

UW Health at The American Center

May 2018 Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please avoid swimming during posted class times</p> <p>As of June 1, 2018 children (under the age 13) will be allowed on weekends and after 5pm on weekdays.</p>		1 Lap Swim 6am-5pm Swim Teams 5-9pm	2 Lap Swim 6am-5pm Masters 6-7am Water Aerobics 3:30-4:15pm Swim Teams 5-9pm	3 Lap Swim 6am-5pm DWIT 6-6:45am Perf. Clinic 3-5pm Swim Teams 5-9pm	4 Lap Swim 7:30am-5pm Swim Teams 5-9pm	5 Family Swim/ Lap Swim 7-8am Swim Team 8am-12pm Family/LapSwim 12pm-1pm
6 Family/Lap Swim 11-4pm	7 Lap Swim 7:30am-5pm Swim Team 5-9pm	8 Lap Swim 6am-5pm Swim Teams 5-9pm	9 Lap Swim 6am-5pm Masters 6-7am Water Aerobics 3:30-4:15pm Swim Teams 5-9pm	10 Lap Swim 6am-5pm DWIT 6-6:45am Perf. Clinic 3-5pm Swim Teams 5-9pm	11 Lap Swim 7:30am-5pm Pools CLOSED @ 5pm	12 Family Swim/ Lap Swim 7-8am Swim Team 8am-12pm Family/LapSwim 12pm-1pm
13 Family/Lap Swim 11-4pm	14 Lap Swim 7:30am-5pm Swim Team 5-9pm	15 Lap Swim 6am-5pm Swim Teams 5-9pm	16 Lap Swim 6am-5pm Masters 6-7am Water Aerobics 3:30-4:15pm Swim Teams 5-9pm	17 Lap Swim 6am-5pm DWIT 6-6:45am Perf. Clinic 3-5pm Swim Teams 5-9pm	18 Lap Swim 7:30am-5pm Swim Teams 5-9pm	19 Family Swim /Lap Swim 7am -1pm
20 Family/Lap Swim 11-4pm	21 Lap Swim 7:30am-5pm Swim Team 5-9pm	22 Lap Swim 6am-5pm Swim Teams 5-9pm	23 Lap Swim 6am-5pm Masters 6-7am Water Aerobics 3:30-4:15pm Swim Teams 5-9pm	24 Lap Swim 6am-5pm DWIT 6-6:45am Perf. Clinic 3-5pm Swim Teams 5-9pm	25 Lap Swim 7:30am-5pm Swim Teams 5-9pm	26 Family Swim/ Lap Swim 7-8am Swim Team 8am-12pm Family/LapSwim 12pm-1pm
27 Family/Lap Swim 11-4pm	28 POOLS CLOSED	29 Lap Swim 6am-5pm Swim Teams 5-9pm	30 Lap Swim 6am-5pm Masters 6-7am Water Aerobics 3:30-4:15pm Swim Teams 5-9pm	31 Lap Swim 6am-5pm DWIT 6-6:45am Perf. Clinic 3-5pm Swim Teams 5-9pm	<p>DWIT= Deep Water Interval Training</p>	

uwhealth.org/tacaquatics 4602 Eastpark Boulevard, Madison, WI 53718 608-440-6600