

## Hideaway Lake Aquatics Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed
6:00 AM						
6:30 AM						
7:00 AM	Power Waves		Power Waves		Power Waves	
7:30 AM						
8:00 AM						Open Swim
8:30 AM	Water Works	Ripples	Water Works	Ripples	Water Works	
9:00 AM						
9:30 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy	
12:30 PM						
1:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Olympic Center closes at 2 PM*
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Olympic Center closes at 7 PM*	Olympic Center closes at 8 PM*	Olympic Center closes at 8 PM*	Olympic Center closes at 8 PM*	Olympic Center closes at 8 PM*	
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Olympic Center closes at 8 PM*				Olympic Center closes at 7 PM*	

Water Fitness Classes	Open Swim	Therapy
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\* Pool users must exit the locker rooms by the closing time.

Classes are 50 minutes in duration. Classes and instructors are subject to change.

**903-882-7055**

# UT Health Olympic Center Hideaway Lake Aquatics

The pool at the UT Health Olympic Center Hideaway Lake is a 50 foot, 2-lane multi-use pool for members and patients. Since a variety of activities are conducted in the pool please be respectful of the schedule, other users and staff instruction to allow for efficient use. The lap pool temperature will range between 82°-88°F

## Activities

### Open Swim

Lap swimming and individual exercise are both allowed during open swim. Please be respectful of other users to allow for efficient use of the pool.

### Classes

During classes the pool is prioritized for group instruction under the guidance of an instructor. Individual exercise may be limited during these times based on the number of participants in the class. Members should follow the direction of the instructor.

### Therapy

During therapy time the pool is open for general pool usage, excluding lap swimming. Therapy sessions may be conducted between the hours of 1p-2p. If you engage in individual exercise when therapy is being conducted please do not interfere with therapy sessions.

### Private instruction

Private instruction such as individual swim lessons or aquatic training offered by an instructor may occur at any time.

## Class descriptions

### Ripples

Ripples is a fun, full body workout performed at a slower pace – perfect for the beginner to intermediate level participant who does not know how to swim. The class uses “noodles” and other types of resistance equipment to improve strength and endurance.

### Water Works

Water Works is a complete non-impact workout that combines a variety of exercise techniques to improve muscular strength and cardiovascular conditioning. This class is designed for the intermediate to advanced level participant. Different levels of resistive equipment and exercises are implemented in this class.

### Power Waves

Power Waves is a high-level water aerobics program for the more advanced student. The program combines shallow and deep water exercise activities along with resistance equipment.

**NOTE: Please see an aquatics staff member for an exhaustive list of pool rules and regulations.**