

Lake Palestine Aquatics Schedule

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

Water Fitness Classes	Open Swim	Therapy
-----------------------	-----------	---------

* Pool users must exit the locker rooms by the closing time.
Classes are 50 minutes in duration. Classes and instructors are subject to change.

903-590-5967

UT Health Olympic Center Lake Palestine Aquatics

The pool at the UT Health Olympic Center Lake Palestine is a 40 foot, 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

During open swim, both lap swimming and individual exercise are allowed. 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 at 11:00am and 2:00pm. 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.

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