

Aquatics Schedule

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

Water Fitness Classes	Physical Therapy	Open Swim

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

903-713-1552

UT Health Olympic Center Cedar Creek Lake

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 between the hours of 10-11a.m. and 1-2p.m. If you engage in individual exercise when therapy is being conducted please do not interfere with therapy sessions.

Class descriptions

Aqua Jam

This class combines brisk cardiovascular routines, along with exercises for strengthening, flexibility, and balance.

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 resistance equipment to improve strength and endurance.

Hydro Toning

This general water fitness class focuses on strengthening and toning the major muscle groups as well as improving balance.

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