

Lap Pool Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Lap Swim					Aquatics area closed
7:00 AM	Water Works	Lap Swim/Exercise	Water Works	Lap Swim/Exercise	Water Works	
8:00 AM	Power Waves					Lap Swim/Exercise
9:00 AM	Individual exercise					
10:00 AM	Senior Splash					
11:00 AM	Individual exercise					
12:00 PM	Lap Swim					
1:00 PM	Individual exercise	Lap Swim	Individual exercise	Lap Swim	Individual exercise	
2:00 PM	Individual exercise					Aquatics area closes at 2 PM*
3:00 PM	Individual exercise	Water Works	Individual exercise	Water Works	Individual exercise	
4:00 PM	Individual exercise					
5:00 PM	Power Waves	Lap Swim	Power Waves	Lap Swim	Aquatics area closes at 5 PM*	
6:00 PM	Lap Swim/Exercise					
	Aquatics area closes at 7 PM*					

Water Fitness Classes	Lap Swim	Lap Swim/Exercise	Individual Exercise

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

903-535-6961

UT Health Olympic Center Tyler Lap Pool

The lap pool at the UT Health Olympic Center Tyler is a 25 yard, 3-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°-90°F

Activities

Lap swim

During lap swim the entire pool is prioritized for those actively swimming laps. Multiple swimmers may occupy a single lane. Individual exercise may be allowed in specified lanes, however during high volume usage anyone not swimming laps may be asked to use the warm water pool. Please observe lane swim speed designation signs to ensure efficient utilization of the pool.

Individual exercise

During individual exercise the pool is open for general pool usage, excluding lap swimming. Individual exercise is permitted during classes as long as the activity does not interfere with facilitation of the class. Please work with the class instructors and therapists to ensure the pool is shared in an efficient manner.

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 or attendant.

Private instruction

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

Therapy

Therapy sessions may be conducted between the hours of 8a-6p outside of lap swim times. If you engage in individual exercise when therapy is being conducted, please do not interfere with therapy sessions.

Class descriptions

Senior Splash

This low-intensity water exercise program is specifically designed for our senior members. This program includes exercises that improve joint mobility and relieve pain and stiffness for those with arthritis and other bone and joint issues.

Water Works

Water Works is a complete non-impact workout that combines a variety of exercise techniques such as kickboxing, circuit training and deep water running. Different levels of resistive equipment are also used. This class is for the intermediate to advanced student.

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.