

# 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						
7:00 AM						
8:00 AM	Ripples	Water Works	Ripples	Water Works	Ripples	Open Swim
9:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
		Ripples		Ripples		
10:00 AM						
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM				Water Works		Water Works
7:00 PM		Open Swim	Open Swim	Open Swim	Aquatics area closes at 7 PM*	
8:00 PM	Aquatics area closes at 8 PM*					

Water Fitness Classes	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.

**903-541-5520**

# UT Health Olympic Center Jacksonville Pool

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 exercise pool temperature will range between 82°-90°F

## Activities

### Open Swim

During individual exercise the pool is open for general pool usage, including 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-5p. If you engage in individual exercise when therapy is being conducted please do not interfere with therapy sessions.

## 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 resistance equipment to improve strength and endurance.

### Water Works

Water Works is a complete non-impact workout that combines a variety of exercise techniques for overall body conditioning and toning. Different levels of resistive equipment are used. You do not have to know how to swim to participate.

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