

CHRISTUS® Trinity Mother Frances
HEALTH & FITNESS CENTER

POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Open Swim (5am-7am)	Open Swim (5am-8am)	Open Swim (5am-7am)	Open Swim (5am-8am)	Open Swim (5am-7am)	Closed	Closed
6:00am			Aqua Ruth (7am, 8am, 9am) <i>*only 1 lane open @9am for open swim</i>		Aqua Ruth (7am, 8am, 9am) <i>*only 1 lane open @9am for open swim</i>		
7:00am	Aqua Ruth (7am, 8am, 9am) <i>*only 1 lane open @9am for open swim</i>	Aqua Neal (8am-9am)	Aqua Neal (8am-9am)	Aqua Ruth (7am,8am)	Open Swim (8am-10am)		
8:00am	Open Swim (10am-11am)	Open Swim (9am-11am)	Open Swim (10am-11am)	Open Swim (9am-11am)		Aqua Ruth (10am-11am)	
9:00am	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)		Open Swim (8am-5:30pm)
10:00am	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)		
11:00am	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)		
12:00pm	Open Swim (3pm-8pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-6pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-8pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-6pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-8pm)	Closed at 5:30PM	Closed at 5:30PM
1:00pm		Aqua Stephanie (6pm-7pm)		Aqua Stephanie (6pm-7pm)			
2:00pm	Open Swim (7pm-8pm)	Open Swim (7pm-8pm)	Open Swim (7pm-8pm)	Open Swim (7pm-8pm)			
3:00pm	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM
4:00pm							
5:00pm	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM
6:00pm							
6:00pm	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM
7:00pm							
7:00pm	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM
8:00pm							