

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