

POOL HOURS

Pool Access is 24/7.

All times not otherwise designated below are Open Swim times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Lap Swim Only 5:00 - 7:00 AM	Lap Swim Only 5:00 – 7:00 AM	Lap Swim Only 5:00 - 7:00 AM	Lap Swim Only 5:00 - 7:00 AM	Lap Swim Only 5:00 – 8:30	Open Swim
Open/Transition 7:00 – 7:30	Open/Transition 7:00 – 7:30	Open/Transition 7:00 – 7:30	Open/Transition 7:00 – 7:30		
Water Aerobics 7:30 – 8:30	Water Aerobics 7:30 – 8:30	Water Aerobics 7:30 – 8:30	Water Aerobics 7:30 – 8:30	Open/Transition 8:30 – 9:00	
Open/Transition 8:30 – 9:00	Open/Transition 8:30 – 9:00	Open/Transition 8:30 – 9:00	Open/Transition 8:30 – 9:00	Open/Transition 8:30 – 9:00	
Water Aerobics 9:00 -10:00	Water Aerobics 9:00 -10:00	Water Aerobics 9:00 -10:00	Water Aerobics 9:00 -10:00	Water Aerobics 9:00 -10:00	
Water Aerobics 10:15 – 11:15	OPEN SWIM 10:00 – 1:00	Water Aerobics 10:15 – 11:15	OPEN SWIM 10:00 – 1:00	Water Aerobics 10:15 – 11:15	
OPEN SWIM 11:15 – 1:00		OPEN SWIM 11:15 – 1:00		OPEN SWIM 11:15 – 1:00	
CLOSED for Physical Therapy 1:00 – 2:00	CLOSED for Physical Therapy 1:00 – 2:00	CLOSED for Physical Therapy 1:00 – 2:00	CLOSED for Physical Therapy 1:00 – 2:00	CLOSED for Physical Therapy 1:00 – 2:00	
Lap Swim Only 2:00 – 3:00	Lap Swim Only 2:00 3:00	Lap Swim Only 2:00 – 3:00	Lap Swim Only 2:00 – 3:00	Lap Swim Only 2:00 – 3:00	
OPEN SWIM 3:00 – 5:30	OPEN SWIM 3:00 – 5:30	OPEN SWIM	OPEN SWIM 3:00 – 5:30	OPEN SWIM	
Water Aerobics 5:30-6:30	Water Aerobics 5:30-6:30		Water Aerobics 5:30-6:30		

- Staffed hours: Mon-Thur 8:00am-5:30pm, Fri 8:00am-5:00pm, Saturday by appointment excluding holidays.
- Like us on FB @ CHRISTUS Trinity Mother Frances Health & Fitness-Lindale
- The pool will close for 30 minutes in the event of audible thunder or lighting strike within 10 miles.