



# Large Pool @ UVMC Premier Health Branch

September 8th - October 24th

230 W. High St.  
PIQUA, OH 45356  
(937) 773-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Open Swim with 2 Lap-Unless a Program is Scheduled 6am - 9:30pm	Open Swim with 2 Lap-Unless a Program is Scheduled 6am - 9:30pm	Open Swim with 2 Lap-Unless a Program is Scheduled 6am - 9:30pm	Open Swim with 2 Lap-Unless a Program is Scheduled 6am - 9:30pm	Open Swim with 2 Lap-Unless a Program is Scheduled 6am - 8:30pm		
7am						MCY Marlins/Lap Swim (1 lap lane) 7am - 9am	
						Open Swim with 3 Lap-Unless a Program is Scheduled 7am - 6:30pm	
9am	Silver Sneakers Splash 9am - 9:45am		Silver Sneakers Splash 9am - 9:45am		Silver Sneakers Splash 9am - 9:45am	Swim Lessons (2 lap lanes) 9am - 11am	
10am	Deep Water Power 10am - 10:45am	Silver Sneakers Splash 10am - 10:45am	Deep Water Power 10am - 10:45am	Silver Sneakers Splash 10am - 10:45am	Deep Water Power 10am - 10:45am		
11am						Aqua Zumba 11am - 11:45am	
12pm	Adults Only Swim 12pm - 1pm	Adults Only Swim 12pm - 1pm	Adults Only Swim 12pm - 1pm	Adults Only Swim 12pm - 1pm	Adults Only Swim 12pm - 1pm		
1pm	Aqua Zumba 1pm - 1:45pm						Open Swim with 2 Lap-Unless a Program is Scheduled 1pm - 6:30pm
5pm	MCY Marlins/Lap Swim (1 lap lane) 5:15pm - 9pm	Swim Lessons (2 lap lanes) 5pm - 7:30pm	MCY Marlins/Lap Swim (1 lap lane) 5:15pm - 9pm	Swim Lessons (2 lap lanes) 5pm - 7:30pm			
6pm		Deep Water Power 6pm - 6:45pm		Deep Water Power 6pm - 6:45pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.