

Indoor Pool Usage Schedule

Effective 2/22/2026

Please note OHAC swim instructors reserve the right to use any lane at any time.

Lane line(s) may be moved 5 minutes prior to class start times.

MONDAY

5-8:30 am

4 lanes OPEN

8:30-10:25 am

3 lanes Aqua Fit, 1 lane OPEN

10:25-11:45 am

2 lanes lessons, 2 lanes OPEN

11:45 am-3:30 pm

4 lanes OPEN

3:30-4 pm

2 lanes Family Swim/Lessons,

2 lanes OPEN

4-5 pm

3 lanes Family Swim/Lessons,

1 lane OPEN

5-6 pm

2 lane lessons, 2 lanes OPEN

6-6:30 pm

1 lane lessons, 3 lanes OPEN

6:30-9 pm

4 lanes OPEN

WEDNESDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lanes OPEN

10 am-3:30 pm

4 lanes OPEN

3:30-4 pm

2 lanes Family Swim/Lessons,

2 lanes OPEN

4-5 pm

3 lanes Family Swim/Lessons,

1 lane OPEN

5-6:30 pm

3 lanes lessons, 1 lane OPEN

6:30-7 pm

2 lanes lessons, 2 lanes OPEN

7-7:45 pm

2 lanes Aqua Fit, 2 lanes OPEN

7:45-9 pm

4 lanes OPEN

FRIDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lanes OPEN

10 am-12:30 pm

1 lane lessons, 3 OPEN

12:30-4:30 pm

4 lanes OPEN

4:30-6:30 pm

3 lanes Family Swim/Lessons,

1 lane OPEN

6:30-8 pm

4 lanes OPEN

SATURDAY

7-8 am

4 Lanes OPEN

8-9 am

3 lanes lessons, 1 lane OPEN

9 am-12:30 pm

ALL 4 lanes LESSONS

12:30-3 pm

4 lanes OPEN

3-5 pm

2 lanes Family Swim,

2 lanes OPEN

5-8 pm

4 lanes OPEN

TUESDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lane OPEN

10 am-3:25 pm

4 lanes OPEN

3:25-4:30 pm

1 lane lessons, 3 lanes OPEN

4:30-6:45 pm

2 lanes lessons, 2 lanes OPEN

6:45-7:30 pm

3 lanes Aqua Fit, 1 lane OPEN

7:30-9 pm

4 lanes OPEN

THURSDAY

5-9 am

4 lanes OPEN

9-10 am

3 lanes Aqua Fit, 1 lane OPEN

10 am-4 pm

4 lanes OPEN

4-6:45 pm

2 lane lessons, 2 lanes OPEN

6:45-7:30 pm

3 lanes Aqua Fit, 1 lane OPEN

7:30-9 pm

4 lanes OPEN

SUNDAY

7-8 am

4 lanes OPEN

8 am-9 am

2 lane lessons, 2 lanes OPEN

9 am-10 am

3 lanes lessons, 1 lane OPEN

10 am-12 pm

2 lanes lessons, 2 lanes OPEN

12-3 pm

4 lanes OPEN

3-5 pm

2 lanes family swim, 2 lanes OPEN

5-6 pm

2 lanes Aqua Fit, 2 lanes OPEN

6-8 pm

4 lanes OPEN

"OPEN" swim times are for adults, 18+.

Individuals 17 and under MUST swim during Family Swim hours when a lifeguard is on duty.

Please note this schedule is subject to change without notice.

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ATHLETIC CLUB

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