



July 2025

# Aqua Active Pool Program Schedule

Woodlands Aquatics Center  
134 Shenot Rd.  
Wexford, PA 15090  
412-923-4400

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**\*There is open swim during aerobics classes\***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM-9:00AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed
9:00AM-9:30AM	Cardio Splash (8:45am start)		Cardio Splash (8:45am start)	Cardio Splash (8:45am start)			
9:30AM-10:00AM	Low Impact Water Aerobics (9:45am start)		Twinges in the Hinges (10:00am start)	Low Impact Water Aerobics (10:00am start)		Open Swim	
10:00AM-10:30AM	Deep Water Aerobics (10:45am start)	Aqua Tai Chi (11:00am start)		Deep Water Aerobics (11:00am start)	Deeply Fit (Deep End) (10:30am start)	Deep Water Aerobics (10:45am start)	
10:30AM-11:00AM	Water Walking (12:00pm start)	Water Therapy (12:00pm start)	Water Walking (12:00pm start)	Open Swim	Water Walking (11:45am start)	Open Swim	Swim Lessons
11:00AM-11:30AM		Stabilize & Balance (1:00pm start)	Mobilize & Move: Arthritis (1:00pm start)		Stabilize & Balance (1:00pm start)		
11:30AM-12:00PM	Water Pilates: Core Dynamics (2:00pm start)	Back Body Burn with Core (2:00pm start)	Water Pilates: Core Dynamics (2:00pm start)		Pool Closed at 12:45pm		
12:00PM-1:00PM	Open Swim	Open Swim	Open Swim				
1:00PM-2:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons
2:00PM-3:00PM							
3:00PM-4:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons
4:00PM-5:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons
5:00PM-6:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons
6:00PM-6:45PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons

**The pool closes 15 minutes prior to the facility**

\* BSS = British Swim School Lessons\*      \* Schedules are subject to change\*  
\* Private swim lessons may be scheduled during aerobics classes\*