



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	Closed
9:00AM-9:30AM	Cardio Splash (8:45am start)	Open Swim	Cardio Splash (8:45am start)	Cardio Splash (8:45am start)	Open Swim		
9:30AM-10:00AM	Low Impact Water Aerobics (9:45am start)		Low Impact Water Aerobics (9:45am start)	Open Swim	Low Impact Water Aerobics (9:45am start)		
10:00AM-10:30AM		Twinges in the Hinges (10:00am start)	Twinges in the Hinges (10:00am start)	Twinges in the Hinges (10:00am start)	Twinges in the Hinges (10:00am start)	Open Swim	Open Swim
10:30AM-11:00AM	Deep Water Aerobics (10:45am start)		Deep Water Aerobics (10:45am start)		Deep Water Aerobics (10:45am start)	Swim Lessons	Swim Lessons
11:00AM-11:30AM		Aqua Tai Chi (11:00am start)	Aqua Tai Chi (11:00am start)	Aqua Tai Chi (11:00am start)	Aqua Tai Chi (11:00am start)		
11:30AM-12:00PM							
12:00PM-1:00PM		Aware Self-Care (12:00pm start)	Aware Self-Care (12:00pm start)	Open Swim	Water Walking (11:45am start)		
1:00PM-2:00PM	Open Swim	Aqua Therapy for Arthritis (1:00pm start)	Aqua Therapy for Arthritis (1:00pm start)	Fluid Moves (1:00pm start)			
2:00PM-3:00PM		Water Pilates: Core Dynamics (2:00pm start)	Water Pilates: Core Dynamics (2:00pm start)	Open Swim			
3:00PM-4:00PM		Open Swim	Open Swim	Open Swim	Pool Closed at 12:45pm	Pool Closed at 12:45pm	Pool Closed at 11:45am
4:00PM-5:00PM	Open Swim	Open Swim	Open Swim	Open Swim			
5:00PM-6:00PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
6:00PM-6:45PM							

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*