

Indoor Pool Usage Schedule

Effective 9/18/2023

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

SUN

7-8 am: 4 lanes L/E
8 am -1 pm: 1 lane lessons, 3 lanes L/E
1-3 pm: 4 lanes L/E
3-5 pm: 2 lanes family swim, 2 lanes L/E
5-6 pm: 2 lanes Aqua Fit, 2 lanes L/E

TUES

5-9 am: 4 lanes L/E
9-10 am: 2 lanes Aqua Fit, 2 lanes L/E
10 am-3:30 pm: 4 lanes L/E
3:15-4:15 pm: 1 lane lessons, 3 lanes L/E
4:15-6:45 pm: 2 lanes lessons, 2 lanes L/E
6:45-7:30 pm: 3 lanes Aqua Fit, less/ 1 lane L/E
7:30-9 pm: 4 lanes L/E

THU

5-9 am: 4 lanes L/E
9-10 am: 2 lanes Aqua Fit, 2 lanes L/E
10 am-3:30 pm: 4 lanes L/E
3:30-4:30 pm: 1 lane lessons, 3 lanes L/E
4:30-6:45pm: 2 lanes Lessons, 2 lanes L/E
6:45-7:30 pm: 3 lanes Aqua Fit/less, 1 lane L/E
7:30-9 pm: 4 lanes L/E

SAT

7-8 am: 4 Lanes L/E
8-9 am 3 lanes lessons, 1 lane L/E
9 am-11:30 pm: 4 lanes lessons
11:30 -1:00 pm: 1 lane Lessons, 3 lane L/E
1:00 - 3:00 pm: 4 lanes L/E
3-5 pm: 2 lanes family swim, 2 lanes L/E
5-6 pm: 4 lanes L/E

MON

5-8:30 am: 4 lanes L/E
8:30-10 am: 2 lanes Aqua Fit, 2 lanes L/E
10-11:30 am: 2 lanes lessons, 2 lanes L/E
11:30-3:30: 4 lanes L/E
3:30-5 pm: 2 lanes family swim, 2 lanes L/E
5-7 pm: 2 lanes lessons, 2 lanes L/E
7-9 pm: 4 lanes L/E

WED

5-9 am: 4 lanes L/E
9-10 am: 3 lanes Aqua Fit, 1 lanes L/E
10 am-3:30 pm: 4 lanes L/E
3:30-5 pm: 2 lanes family swim, 2 lanes lessons
5-7 pm: 2 lanes lessons, 2 lanes L/E
7-9 pm: 4 lanes L/E

FRI

5-9 am: 4 lanes L/E
9-10 am: 2 lanes Aqua Fit, 2 lanes L/E
10 am-4:30 pm: 4 lanes L/E
4:30-6:30 pm: 2 lanes family swim, 2 lanes L/E
6:30-8 pm: 4 lanes L/E

L/E=Lap Swim/Exercise

ORCHARD HILLS
ATHLETIC CLUB