

September Warm Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m. – 5:45 p.m.	5 a.m. – 8:45 p.m.	5 a.m. – 8:45 p.m.	5 a.m. – 8:45 p.m.	5 a.m. – 8:45 p.m.	5 a.m. – 7:45 p.m.	7 a.m. – 5:45 p.m.

Scheduled Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Aqua for Arthritis 9:15 – 10 a.m. Aqua Move 10:15 – 11 a.m. Swim Lessons 5:30 – 8 p.m.	2 Swim Lessons 3 – 6 p.m. Aqua Move 6 – 7 p.m.	3 Swim Lessons 4:30 – 7:15 p.m.	4 Aqua Move 10:15 – 11 a.m.	5 Swim Lessons 9 a.m. – 12 p.m.
6	7 Pool Closes at 12:45 p.m. Happy Labor Day!	8 Aqua for Arthritis 9:15 – 10 a.m. Aqua Move 10:15 – 11 a.m. Swim Lessons 5:30 – 8 p.m.	9 Swim Lessons 3 – 6 p.m. Aqua Move 6 – 7 p.m.	10 Swim Lessons 4:30 – 7:15 p.m.	11 Aqua Move 10:15 – 11 a.m.	12 Swim Lessons 9 a.m. – 12 p.m. Pool Party 3 – 5 p.m.
13	14 Aqua Move 8 – 8:45 a.m. Swim Lessons 5:30 – 7:30 p.m.	15 Aqua for Arthritis 9:15 – 10 a.m. Aqua Move 10:15 – 11 a.m. Swim Lessons 5:30 – 8 p.m.	16 Swim Lessons 3 – 6 p.m. Aqua Move 6 – 7 p.m.	17 Swim Lessons 4:30 – 7:15 p.m.	18 Aqua Move 10:15 – 11 a.m.	19 Swim Lessons 9 a.m. – 12 p.m.
20	21 Aqua Move 8 – 8:45 a.m. Swim Lessons 5:30 – 7:30 p.m.	22 Aqua for Arthritis 9:15 – 10 a.m. Aqua Move 10:15 – 11 a.m. Swim Lessons 5:30 – 8 p.m.	23 Swim Lessons 3 – 6 p.m. Aqua Move 6 – 7 p.m.	24 Swim Lessons 4:30 – 7:15 p.m.	25 Aqua Move 10:15 – 11 a.m.	26 Swim Lessons 9 a.m. – 12 p.m.
27	28 Aqua Move 8 – 8:45 a.m. Swim Lessons 5:30 – 7:30 p.m.	29 Aqua for Arthritis 9:15 – 10 a.m. Aqua Move 10:15 – 11 a.m. Swim Lessons 5:30 – 8 p.m.	30 Swim Lessons 3 – 6 p.m. Aqua Move 6 – 7 p.m.			

*Pool is closed during Water Aerobics Classes and Pool Parties. Schedule subject to change.

Our warm water pool is available for rent! If interested, please email DACSwim@hfit.com.

Updated 8/31/26

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