



## Lap Swimming / Water Exercise Schedule

Monday—Friday	5:00AM—4:00PM
	<ul style="list-style-type: none"> <li>• Only 3 lanes available during masters morning swim time</li> <li>• Only 2 lanes available from 12:00PM—1:30PM</li> </ul>
Saturday	2:00PM—6:00PM
Sunday	8:00AM—6:00PM

Masters Swimming is available for all facility members. Annual registration fee for the purpose of liability insurance can be paid online at [usms.org](http://usms.org). Use Gulf Region when registering.

## Masters Swimming Schedule

Monday/Friday	5:30AM—7:00AM
Tuesday/Thursday	5:00AM—6:30AM
Monday—Friday	12:00PM—1:30PM
Tuesday / Thursday	7:00PM—8:30PM
Saturday	10:30AM—12:00PM

## Aqua Fitness (Wolfies Swim Club 5230 Cedar in Bellaire)

Monday—Friday 8:00AM—8:45AM  
Contact Robin Fortenberry for more information on Aqua Fitness at [rfortenberry@erjcchouston.org](mailto:rfortenberry@erjcchouston.org)

The most up to date pool schedule is always available online at [erjcchouston.org](http://erjcchouston.org).  
Contact Robin Fortenberry for more information [rfortenberry@erjcchouston.org](mailto:rfortenberry@erjcchouston.org).

