**Winter 2022-2023**

**Outdoor Lap Pool Usage**

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| **Monday** | **Tuesday** |
| 8 Lane Lap Pool  AM  Masters 5:00am-6:30am - 4 lanes  Tulane 6:00-8:00am – 5 lanes  PM  Tulane 2:00-4:00pm – 6 lanes  Sharks 4:00pm-6:00pm – 8 lanes  6 Lane Lap Pool  Sharks 4:30pm-5:45pm – 4 lanes | 8 Lane Lap Pool  PM  Tulane 2:00-4:00p, - 6 lanes  Sharks 4:00pm-6:00pm – 8 lanes  Masters 6:15pm-7:30pm - 4 lanes  6 Lane Lap Pool  Sharks 4:30pm-5:45pm – 4 lanes |
| **Wednesday** | **Thursday** |
| 8 Lane Lap Pool  AM  Masters 5:00am-6:30am - 4 lanes  Tulane 6:00-8:00am – 5 lanes  PM  Tulane 2:00-4:00pm – 6 lanes  Sharks 4:00pm-6:00pm – 8 lanes  6 Lane Lap Pool  Sharks 4:30pm-5:45pm – 4 lanes | 8 Lane Lap Pool  PM  Tulane 2:00-4:00p, - 6 lanes  Sharks 4:00pm-6:00pm – 8 lanes  Masters 6:15pm-7:30pm - 4 lanes  6 Lane Lap Pool  Sharks 4:30pm-5:45pm – 4 lanes |
| **Friday** | **Saturday** |
| 8 Lane Lap Pool  AM  Masters 5:00am-6:30am - 4 lanes  Tulane 6:00-8:00am – 5 lanes  PM  Tulane 2:00-4:00pm – 6 lanes  Sharks 4:00pm-6:00pm – 8 lanes  6 Lane Lap Pool  Sharks 4:30pm-5:45pm – 4 lanes | 8 Lane Lap Pool:  Sharks 6:30am-8:30am 5 lanes  Masters 9:00am-10:30am 5 lanes |

**Winter 2022/2023**

**Indoor Lap Pool Usage**

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| **Monday** | **Tuesday** |
| 6 Lane Lap Pool:  Sharks 5:45pm-6:30pm | 6 Lane Lap Pool:  JoJo’s Hope 6:00-7:00 PM |
| **Wednesday** | **Thursday** |
| 6 Lane Lap Pool:  Sharks 5:45pm-6:30pm | 6 Lane Lap Pool:  JoJo’s Hope 6:00-7:00 PM |
| **Friday** | **Saturday** |
| 6 Lane Lap Pool:  Sharks 5:30pm-6:15pm | Indoor Recreation Pool – Swim Lessons 9:00AM – 11:45 AM |

Ochsner Fitness Center is the home of the Sharks Swim Team, a USA Swimming year-round program, and the Elmwood Masters Swim Team, a US Masters Swimming Team.

For more information, email [SharksSwimTeam@ochsner.org](mailto:SharksSwimTeam@ochsner.org)