**Winter 2022-2023**

**Outdoor Lap Pool Usage**

|  |  |
| --- | --- |
| **Monday** | **Tuesday** |
| 8 Lane Lap PoolAMMasters 5:00am-6:30am - 4 lanesTulane 6:00-8:00am – 5 lanesPMTulane 2:00-4:00pm – 6 lanesSharks 4:00pm-6:00pm – 8 lanes6 Lane Lap PoolSharks 4:30pm-5:45pm – 4 lanes | 8 Lane Lap PoolPMTulane 2:00-4:00p, - 6 lanesSharks 4:00pm-6:00pm – 8 lanesMasters 6:15pm-7:30pm - 4 lanes6 Lane Lap PoolSharks 4:30pm-5:45pm – 4 lanes |
| **Wednesday** | **Thursday** |
| 8 Lane Lap PoolAMMasters 5:00am-6:30am - 4 lanesTulane 6:00-8:00am – 5 lanesPMTulane 2:00-4:00pm – 6 lanesSharks 4:00pm-6:00pm – 8 lanes6 Lane Lap PoolSharks 4:30pm-5:45pm – 4 lanes | 8 Lane Lap PoolPMTulane 2:00-4:00p, - 6 lanesSharks 4:00pm-6:00pm – 8 lanesMasters 6:15pm-7:30pm - 4 lanes6 Lane Lap PoolSharks 4:30pm-5:45pm – 4 lanes |
| **Friday** | **Saturday** |
| 8 Lane Lap PoolAMMasters 5:00am-6:30am - 4 lanesTulane 6:00-8:00am – 5 lanesPMTulane 2:00-4:00pm – 6 lanesSharks 4:00pm-6:00pm – 8 lanes6 Lane Lap PoolSharks 4:30pm-5:45pm – 4 lanes | 8 Lane Lap Pool:Sharks 6:30am-8:30am 5 lanesMasters 9:00am-10:30am 5 lanes |

**Winter 2022/2023**

**Indoor Lap Pool Usage**

|  |  |
| --- | --- |
| **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