

# Winter 2022-2023

## Outdoor Lap Pool Usage

<b>Monday</b>	<b>Tuesday</b>
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
<b>Wednesday</b>	<b>Thursday</b>
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
<b>Friday</b>	<b>Saturday</b>
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

<b>Monday</b>	<b>Tuesday</b>
6 Lane Lap Pool: Sharks 5:45pm-6:30pm	6 Lane Lap Pool: JoJo's Hope 6:00-7:00 PM
<b>Wednesday</b>	<b>Thursday</b>
6 Lane Lap Pool: Sharks 5:45pm-6:30pm	6 Lane Lap Pool: JoJo's Hope 6:00-7:00 PM
<b>Friday</b>	<b>Saturday</b>
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)