

Saban Center for Health and Wellness Pool Class & Open Swim Schedule

Updated Schedule!
As of 09/01/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM 6:30 – 9:00	Open Swim*	Open Swim*	Open Swim*	Open Swim*	Open Swim*	8:00 – 9:00	Open Swim*
9:00 – 10:00	Lap Swimming	Yoga/Pilates	Lap Swimming	Yoga/Pilates	Lap Swimming	9:00 – 10:00	Aqua ½ & ½
10:00 – 11:00	Arthritis	Water Striders	Arthritis	Water Striders	Arthritis	10:00 – 11:00	H2O Go!
11:00 – 12:00	Movin' Aqua	Open Swim *	Movin' Aqua	Open Swim*	Aqua Blast	11:00 – 12:00	Open Swim*
12:00 – 1:00	Open Swim *		Open Swim*		Open Swim*	Open Swim*	12:00 – 1:00
1:00 – 2:00	Water Striders	Arthritis	Water Striders	Arthritis	Open Swim*	1:00 – 1:30	Open Swim*
2:00 – 3:00	Yoga/Pilates	Open Swim*	Yoga/Pilates	Open Swim*	Deep Water Revolutions	Pool Closed @ 1:30pm	
3:00 – 4:00	Hydro Deep-Water Challenge	Open Swim*	Deep Aqua	Open Swim*	Open Swim*	Building Closed @ 2:00pm	
4:00 – 5:15	Open Swim*	Deep Aqua	Open Swim*	Deep Aqua	Pool Closed @ 4:30pm		
5:15 – 6:15	Open Swim*	Aqua ½ & ½	Open Swim*	Aqua ½ & ½	Building Closed @ 5:00pm		
6:15 – 6:30	Open Swim* Pool Closed @ 6:30pm	Open Swim* Pool Closed @ 6:30pm	Open Swim* Pool Closed @ 6:30pm	Open Swim* Pool Closed @ 6:30pm			
7:00 PM	Building Closed @ 7:00pm	Building Closed @ 7:00pm	Building Closed @ 7:00pm	Building Closed @ 7:00pm		Building Closed On Sunday	

***Lap & Open Swim** is at designated times only. **Lap swim** may be done during Open Swim space permitting, check with Lifeguard.
*Lap & Open Swim during classes of 5 or more participants is permissible at the discretion of the Instructor.

Important Notes:
Pool Classes: All classes are designed for persons who are able to get in and out of the pool on their own.
Pool Buddies & Fitness Buddies: Are available please call Receptionist @ 818-876-1777 to request or be one.
UCLA Health/MPTF Physical Therapy: You must have a doctor's prescription to be able to use their services. They are here at the Saban Center Monday through Friday. **For more information please call (818) 876 – 1006.**
 This schedule can also be found at <https://mptf.com/saban/> Scroll down to the "Aquatic Pavilion Schedule"
Rev: 08/27/2019