



OXFORD ATHLETIC CLUB

# JANUARY 2026 INDOOR POOL SCHEDULE

| SUNDAY                                                                                                                            | MONDAY                                                                                                                                                        | TUESDAY                                                                                                                            | WEDNESDAY                                                                                                                                                        | THURSDAY                                                                                                                                                        | FRIDAY                                                                                                                                                                                             | SATURDAY                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
|                                                                                                                                   |                                                                                                                                                               |                                                                                                                                    |                                                                                                                                                                  | 1<br><br><b>Club Closed</b>                                                                                                                                     | 2<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 5 PM - 6:30 PM<br>Family Swim: 6:30 PM - 8:30 PM  | 3<br><br>Lap Swim 6:00 AM - 7:00 PM<br>Aqua Aerobics: 9AM - 10 AM<br>Family Swim: 12 PM - 5 PM  |
| 4<br><br>Lap Swim: 6:00 AM - 7:00 PM<br>Family Swim: 1 PM - 5 PM<br>Swim Competition: 5 PM - 6:30 PM<br>• Two Lanes Will Be Used  | 5<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Zumba: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM  | 6<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM  | 7<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM  | 8<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Aqua Zumba: 10 AM - 11 AM<br>Family Swim: 11 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM  | 9<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 5 PM - 6:30 PM<br>Family Swim: 6:30 PM - 8:30 PM  | 10<br><br>Lap Swim 6:00 AM - 7:00 PM<br>Aqua Aerobics: 9AM - 10 AM<br>Family Swim: 12 PM - 5 PM |
| 11<br><br>Lap Swim: 6:00 AM - 7:00 PM<br>Family Swim: 1 PM - 5 PM<br>Swim Competition: 5 PM - 6:30 PM<br>• Two Lanes Will Be Used | 12<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Zumba: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 13<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 14<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 15<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Aqua Zumba: 10 AM - 11 AM<br>Family Swim: 11 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 16<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 5 PM - 6:30 PM<br>Family Swim: 6:30 PM - 8:30 PM | 17<br><br>Lap Swim 6:00 AM - 7:00 PM<br>Aqua Aerobics: 9AM - 10 AM<br>Family Swim: 12 PM - 5 PM |
| 18<br><br>Lap Swim: 6:00 AM - 7:00 PM<br>Family Swim: 1 PM - 5 PM<br>Swim Competition: 5 PM - 6:30 PM<br>• Two Lanes Will Be Used | 19<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Zumba: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 20<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 21<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 22<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Aqua Zumba: 10 AM - 11 AM<br>Family Swim: 11 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 23<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 5 PM - 6:30 PM<br>Family Swim: 6:30 PM - 8:30 PM | 24<br><br>Lap Swim 6:00 AM - 7:00 PM<br>Aqua Aerobics: 9AM - 10 AM<br>Family Swim: 12 PM - 5 PM |
| 25<br><br>Lap Swim: 6:00 AM - 7:00 PM<br>Family Swim: 1 PM - 5 PM<br>Swim Competition: 5 PM - 6:30 PM<br>• Two Lanes Will Be Used | 26<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Zumba: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 27<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 28<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 29<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 9 AM - 10 AM<br>Aqua Zumba: 10 AM - 11 AM<br>Family Swim: 11 AM - 1 PM<br>Swim Practice: 6 PM - 7:30 PM | 30<br><br>Lap Swim: 4:45 AM - 9:45 PM<br>Aqua Aerobics: 8 AM - 9 AM<br>Aqua Aerobics: 9 AM - 10 AM<br>Family Swim: 10 AM - 1 PM<br>Swim Practice: 5 PM - 6:30 PM<br>Family Swim: 6:30 PM - 8:30 PM |                                                                                                 |

Pool schedule subject to change. During swim team practice Monday - Thursday 6 - 7 PM & Friday 5 - 6 PM, the indoor pool will be closed entirely.

In the event of inclement weather, please check the OAC app for updates on closures or delays.