

Winter 2022-2023

Outdoor Lap Pool Usage

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

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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