

## Pool Schedule April 16th - April 28th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00-6:30 am								
6:30-7:00 am	Free Swim & Lap Swim (6:00-8:30)	Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim	Free & Lap Swim (7:00-9:00)		
7:00-7:30 am		Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim			
7:30-8:00 am		Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim			
8:00-8:30 am		Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim	Free Swim & Lap Swim			
8:30-9:00 am	Noodlerobics (8:30-9:30)	MMH (8:00-10:00)	Noodlerobics (8:30-9:30)		Noodlerobics (8:30-9:30)	Swim Lessons (9:00-11:30)		
9:00-9:30 am		Lap Swim ONLY!						
9:30-10:00 am	Childcare Swim (9:15-10:45)	Childcare Swim (10:00-10:45)		Childcare Swim (10:00-10:45)				
10:00-10:30 am	Senior Splash (deep end open) (10:00-10:45)		Free & Lap		Senior Splash (deep end open) (10:00-10:45)	Free & Lap		
10:30-11:00 am								
11:00-11:30 am	Free & Lap Swim (10:45-1:00)	Senior Splash (deep end open) (11:00-11:45)	Swim (9:30-1:00)	Senior Splash (deep end open) (11:00-11:45)	Free & Lap			Swim (11:30-4:30)
11:30-12:00 pm								
12:00-12:30 pm								
12:30-1:00 pm								
1:00-1:30 pm	Water Arthritis (deep end open) (1:00-2:00)	Free & Lap  Swim (11:45-2:45)	Water Arthritis (deep end open) (1:00-2:00)	MMH	Free & Lap	Swim (11:30-4:30)		
1:30-2:00 pm				Therapy Rental (1:00-3:00) Lap Swim ONLY!				
2:00-2:30 pm			MMH Therapy (2:00-3:30) Lap Swim ONLY!	Child Care Lessons (3:30-4:00)				
2:30-3:00 pm	Child Care Lessons (3:30-4:00)	Child Care Lessons (3:30-4:00)	C.C. Lessons (3:30-4:00)					
3:00-3:30 pm					Free & Lap Swim (3:30pm-5:30)			
3:30-4:00 pm								
4:30-5:00 pm								
5:00-5:30 pm								
5:30-6:00 pm	Swim Lessons (5:30-7:00)	Swim Lessons (5:30-7:00)	Swim Lessons (5:30-6:00)	Swim Lessons (5:30-7:00)	Water Power Workout (6:00-7:00)			
6:00-6:30 pm								
6:30-7:00 pm								
7:00-7:30 pm	Aqua Powerhouse (7:00-8:00)	Special Olympics (7:00pm-8:30)	Aqua Powerhouse (7:00-8:00)	Free & Lap	Free & Lap Swim (7:00-8:30)			
7:30-8:00 pm								
8:00-8:30 pm								

- Free Swim & Lap Swim (All areas available)
- Childcare Free Swim (4 ft. area & deep end available)
- Adult Exercise Class (Shallow area available)
- Swim Lessons (Can be taking place in any area of the pool)
- Swim Team Practice (Shallow area available)
- MMCH Physical Therapy (Only 2 lap lanes available)

**PLEASE SEE THE REVERSE SIDE FOR ADDITIONAL NOTES AND SCHEDULED EVENTS**

# IMPORTANT NOTES

- **There will be a Lifeguard training taking place May 7th - May 11th from 4:00pm-7:00pm and May 12th 9:00am-12:00pm. We will do our best to work around those who are swimming, but some pool space will be required to conduct this course.**
- **Swim Lessons and Water Personal Training could be taking place during scheduled free & Lap swim times. These classes require minimum space and will work with those using the pool for personal fitness.**
- **Summer swim team practices will be taking place on Tuesday and Thursday evenings from 7:00pm-8:30pm beginning May 1st and will run through May 31st. This schedule will be revised and updated by May 1st.**
- **Special Olympics practice schedule will change to Fridays from 5:00pm-6:30pm starting in May. This schedule will be revised and updated by May 1st.**
- **Child Care will change their free swim times in the morning to take place only on Wednesdays from 9:30am-11:30am beginning June 4th. Child care free swim will continue with its regular schedule until June 4th.**

**Important Note: The Y requires that all swim patrons share pool space, including the member lap lane, when pool use and activities require it. The Aquatics Department attempts to communicate all pool activities with our members allowing members to select the best possible times for free and lap swim. During these busy times, space can quickly become limited. It's during these times we ask all members to be respectful and kind to one another and share swim space.**

**We thank you for your consideration,**

**Aquatics Staff**