

Pool Schedule February 19th—March 11th

	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 (6:00-8:00)	Free Swim & Lap Swim (6:00-8:30)	Free Swim & Lap Swim (6:00-10:00)	Free Swim & Lap Swim (6:00-8:30)				
7:00-7:30 am									
7:30-8:00 am		MMH (8:00-10:00)						Noodlerobics (8:30-9:30)	Noodlerobics (8:30-9:30)
8:00-8:30 am									
8:30-9:00 am	Noodlerobics (8:30-9:30)	Lap Swim ONLY!			Noodlerobics (8:30-9:30)	Swim Lessons (9:00-10:15)			
9:00-9:30 am									
9:30-10:00 am	Childcare Swim (9:15-10:45)	Childcare Swim (10:00-10:45)	Free Swim & Lap Swim (9:30-1:00)	Childcare Swim (10:00-10:45)					
10:00-10:30 am	Senior Splash (deep end open) (10:00-10:45)			Swim Lessons (10:45-12:30)	Senior Splash (deep end open) (10:00-10:45)	Stingrays Gold/Silver (10:00-11:30)			
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)			Senior Splash (deep end open) (11:00-11:45)	Free & Lap Swim (10:45-1:00)			
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 (1:00-3:00) Therapy Rental Lap Swim ONLY!	Water Arthritis (deep end open) (1:00-2:00)	Free & Lap Swim (11:30-4:30)	Free Swim & Lap Swim (1:00-4:30)		
1:30-2:00 pm									
2:00-2:30 pm			MMH Therapy (2:00-3:30) Lap Swim ONLY!	Child Care Lessons (3:30-4:00)	Free & Lap Swim (2:00-5:30)				
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)	Child Care Lessons (3:30-4:00)					
3:00-3:30 pm	Stingrays Gold (3:30-4:30)	Stingrays Silver/Bronze (3:30-4:30)	Stingrays Gold (3:30-4:30)	Stingrays Gold (3:30-4:30)					
3:30-4:00 pm									
4:30-5:00 pm	Stingrays Silver/Bronze (4:30-5:30)		Stingrays Silver/Bronze (4:30-5:30)						
5:00-5:30 pm									
5:30-6:00 pm	Swim Lessons (5:30-7:00)	Swim Lessons (5:30-7:00)	Swim Lessons (5:00-6:00)	Swim Lessons (5:30-7:00)	Stingrays Gold/Silver (5:30-6:45)				
6:00-6:30 pm							Water Power (6:00-7:00)		
6:30-7:00 pm					Free & Lap Swim (6:45-8:30)				
7:00-7:30 pm	Aqua Powerhouse (7:00-8:00)		Aqua Powerhouse (7:00-8:00)		Swim (6:45-8:30)				
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

- ROD– (Special Needs) is scheduled for a free swim on February 20th, 21st and 22nd from 10:00am–11:00am.
- A visiting preschool is scheduled for a free swim on February 28th from 9:30am–11:30am. They are scheduled to use the shallow area only.
- ROD–(Special Needs) is scheduled for a free swim on March 7th from 10:00am–11:00am.
- February 26th & 28th a lifeguard course will be taking place from 4:00pm–7:00pm. This class will be using pool space throughout this time. The class will do it's best to work around others using the pool, but will require space for practicing their rescue skills.

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