

## MLM REC CENTER POOL SCHEDULE - Effective September, 6th 2022

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	<b>CLOSED</b>	Lap Swim 6-10A	Lap Swim 6-10A	Lap Swim 6-10A	Lap Swim 6-10A	Lap Swim 6-10A	<b>CLOSED</b>
7:00							
8:00							Lap Swim 8-10A
9:00	Lap Swim 9-9:45am						
10:00	GROUP LESSONS 10-1:15P	Water Aerobics 10:15	Water Aerobics 10:15	Water Aerobics 10:15	Water Aerobics 10:15	Water Aerobics 10:15	Private Lessons 10-1P <b>*1 LANE RESERVED FOR LAP SWIM*</b>
11:00		Lap Swim 11:20-1P	Lap Swim 11:15-1 **2 lanes reserved for lessons	Lap Swim 11:20-1P	Lap Swim 11:15-1P	Open Swim 11:15-1P	
12:00							
1:00	Open Swim 1:20-3:45P	Open Swim 1-5P	Open Swim 1-3P	Open Swim 1-5P	Open Swim 1-3P	Open Swim 1-5P	Open Swim 1:20-5:45P
2:00			Lap Swim 3-5P		Lap Swim 3-5P		
3:00							
4:00							
5:00	<b>CLOSED</b> Rec Center closes at 4pm	Lap Swim 5-6P	Private Lessons 5-7:30P	Lap Swim 5-6P	Private Lessons 5-7:30P <b>*1 lane reserved for lap swim*</b>	Lap Swim 5-7:45P	<b>CLOSED</b> Rec Center closes at 6pm
6:00		Water Aerobics 6PM	Lap Swim 7:30-7:45P	Water Aerobics 6PM	Lap Swim 7:30-7:45P		
7:00		Lap Swim 7-7:45P		Lap Swim 7-7:45P		Lap Swim 7-7:45P	
8:00							
9:00							

NOTE - Pool Schedule is subject to change without notice

\*One Lane reserved for private lessons as needed

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### **Pool Information:**

**Locker rooms are closed M-F for cleaning as follows: Men's 1:00-1:30pm & Women's 1:30-2:00pm**

**Shaded areas** = pool closed for that scheduled activity only. \*\* Lane lines will be removed from the pool 5 minutes before activity begins.

**Lap Swim** = Swimmers of all ages must be able to swim one lap without stopping in order to participate.

**Spa Area** = Swimmers are allowed to relax in the spa area, but must social distance.

**Open Swim** = All swimming activities welcome. Policies for Children 12 and under:

-Children who are 5 and under, an adult must be with the child in the water at all times. \*\*\*

-Children who are 6-8 who CANNOT\* pass the deep end test, an adult must be with the child in the water at all times. \*\*\*

-Children who are 6-8 who CAN\*\* swim, an adult must be in the pool area at all times.

-Children who are 9-12 who CANNOT\* pass the deep end test, an adult must be in the pool area at all times.

-Children who are 9-12 who CAN\*\* swim, an adult must be in the building at all times.

-Patrons over 13 who require assistance to enter the pool - adult/caregiver must be in the pool area at all times.

\*Children who "CANNOT" pass the deep end swim test

\*\*Children who "CAN" swim are able to pass the deep end swim test

\*\*\*Adults required to be in the water may not swim laps until the children exit the pool or another adult takes over supervision.

**The deep end test consists of swimming one full length of the pool without stopping and immediately treading water for 60 seconds without stopping.**

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