



SAFE SWIMMING SAVES LIVES
Instructional Pool Schedule
August 26th, 2019 - December 22nd, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool usage may be altered to accommodate need. Lifeguard and other aquatic training will be held as necessary - look for posted signs describing schedule changes, especially during holidays.

Instructional Pool Temperature: 86-88°

Depth: 2ft 6in - 4ft 9in

Instructional Pool Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-9:15am Individual Water Fitness	5:30am-9:15am Individual Water Fitness	5:30am-9:00am Individual Water Fitness	5:30am-9:15am Individual Water Fitness	5:30am-9:15am Individual Water Fitness	7:00-8:30am Individual Water Fitness	Join the Remind Group by texting @mdypool to 81010
8:30-9:15am Combo H2O Works Rachel	8:30-9:15am Water Aerobics Leena	8:30-9:15am Water Aerobics Deep/Shallow Patti	8:30-9:15am Combo H2O Works Rachel	8:30-9:15am Water Aerobics Deep/Shallow Leena	8:30-9:15am Combo H2O Works Nischelle	
9:15-10:00am Water Aerobics Rachel	9:15-10:00am Aquacise Leena	9:15-10:00am Water Aerobics Shallow Patti	9:15-10:00am Water Aerobics Rachel	9:15-10:00am Water Aerobics Leena	8:55-12:00pm Swim Lessons	
10:00-2:00 pm Individual Water Fitness	10:00-4:00 pm Individual Water Fitness	10:00-2:00 pm Individual Water Fitness	10:00-4:00 pm Individual Water Fitness	10:00am-2:00 pm Individual Water Fitness	9:15am-12pm Individual Water Fitness	2:00-4:45pm Family Swim & Individual Water Fitness
2:00pm-2:45pm Aquafusion Brenda		2:00pm-2:45pm Aqua Joint Chetlee		2:00pm-2:45pm Water Aerobics Beth		
2:45pm-4:00 pm Individual Water Fitness		2:45pm-4:00 pm Individual Water Fitness		2:45pm-4:00pm Individual Water Fitness	12:00-5:45pm Family Swim & Individual Water Fitness	
4pm-6:30pm Swim Lessons	4:00-6:30pm Swim Lessons	4pm-6:30pm Swim Lessons	4:00-6:30pm Swim Lessons			
4pm-6:30pm Family Swim & Individual Water Fitness	4pm-6:30pm Family Swim & Individual Water Fitness	4pm-6:30pm Family Swim & Individual Water Fitness	4pm-6:30pm Family Swim & Individual Water Fitness	4pm-7:45pm Family Swim & Individual Water Fitness	Private swim lessons may be held throughout the week. Make up swim lessons will be held on Friday if necessary. Signage will be posted.	
6:30p-7:15p Water Aerobics Laura	6:30p-7:15p Water Exercise *when instructor available*	6:30p-7:15p Water Aerobics Laura	6:30p-7:15p Water Exercise *when instructor available*			
7:15-8:45pm Family Swim & Individual Water Fitness	7:15-8:45pm Family Swim & Individual Water Fitness	7:15-8:45pm Family Swim & Individual Water Fitness	7:15-8:45pm Family Swim & Individual Water Fitness			



SAFE SWIMMING SAVES LIVES
Lap Pool Schedule
August 26th, 2019 - December 22nd, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool usage may be altered to accommodate need. Lifeguard and other aquatic training will be held as necessary - look for posted signs describing schedule changes, especially during holidays.

Temperature: 81-83°

Depth: 3ft 6in - 7ft 9in

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 8:15am Adult Lap Swim	5:30 - 8:15am Adult Lap Swim 5:45-7:00am Masters Swim 3 Open Lanes	5:30 - 8:30am Adult Lap Swim	5:30 - 8:15am Adult Lap Swim 5:45-7:00am Masters Swim 3 Open Lanes	5:30 - 8:15am Adult Lap Swim	7:00-8:15am Adult Lap Swim	Join the Remind Group by texting @mdypool to 81010
8:30-9:15am Combo H2O Works Rachel 1 Open Lane	8:30-9:15am Water Aerobics Deep/Shallow Leena 1 Open Lane	8:30-9:15am Water Aerobics Deep/Shallow Patti 1 Open Lane	8:30-9:15am Combo H2O Works Rachel 1 Open Lane	8:30-9:15am Water Aerobics Deep/Shallow Leena 1 Open Lane	8:30-9:15am Combo H2O Works Nischelle 1 Open Lane 9:15-10:00am Deep H2O Works Nischelle 1 Open Lane	
9:15 - 4:00pm Adult Lap Swim Lane 1 & 2 Reserved for Water Walking and Personal Training	9:15 - 4:00pm Adult Lap Swim Lane 1 & 2 Reserved for Water Walking and Personal Training	9:00am - 12:00pm Adult Lap Swim Lane 1 & 2 Reserved for Water Walking and Personal Training	9:15 - 4:00pm Adult Lap Swim Lane 1 & 2 Reserved for Water Walking and Personal Training	9:15 - 4:00pm Adult Lap Swim Lane 1 & 2 Reserved for Water Walking and Personal Training	10:00-5:45pm Adult Lap Swim Lane 1 Reserved for Water Walking	2:00-4:45pm Adult Lap Swim Lane 1 Reserved for Water Walking
12:00pm-1:00pm Masters Swim 3 Open Lanes		12:00pm-1:00pm Masters Swim 3 Open Lanes				
1:00pm - 4:00pm Adult Lap Swim Lane 1 & 2 Reserved for Water Walking and Personal Training	4:00-6:30pm Swim Team	1:00pm - 4:00pm Adult Lap Swim Lane 1 & 2 Reserved for Water Walking and Personal Training	4:00-6:30pm Swim Team	4:00-5:30pm Swim Team 3 Open Lanes		
4:00-6:30pm Swim Team		4:00-6:30pm Swim Team				
6:30pm-7:45pm Masters Swim 3 Open Lanes	6:30-8:45pm Adult Lap Swim	6:30pm-7:45pm Masters Swim 3 Open Lanes	6:30-8:45pm Adult Lap Swim	5:30-7:45pm Adult Lap Swim		
6:30-8:45pm Adult Lap Swim		6:30-8:45pm Adult Lap Swim				