

MLM REC CENTER POOL SCHEDULE - FALL / WINTER / SPRING										
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6:00	CLOSED	LAP SWIM 6-9	LAP SWIM 6-9	LAP SWIM 6-9	LAP SWIM 6-9	LAP SWIM 6-9	CLOSED			
7:00		LAP SWIM 6-9	LAP SWIM 6-9	LAP SWIM 6-9	LAP SWIM 6-9	LAP SWIM 6-9	LAP SWIM 8-9			
8:00		AEROBICS 9-10	AEROBICS 9-10	AEROBICS 9-10	AEROBICS 9-10	AEROBICS 9-10	AEROBICS 9-10			
9:00		OPEN SWIM 10-11	AEROBICS 10-11	OPEN SWIM 10-11	AEROBICS 10-11	OPEN SWIM 10-11	YOUTH SWIM LESSONS 10-1:15			
10:00		LAP SWIM 11-1	LAP SWIM 11-1	LAP SWIM 11-1	LAP SWIM 11-1	LAP SWIM 11-1				
11:00		LAP SWIM 12-2	OPEN SWIM 1-5	OPEN SWIM 1-5	OPEN SWIM 1-5	OPEN SWIM 1-4:45	OPEN SWIM 1-5	OPEN SWIM 1:15-4:30		
12:00	PRIVATE SWIM LESSONS 2-4									
1:00	LAP SWIM 5-6	LAP SWIM 5-7							LAP SWIM 5-6	YOUTH SWIM LESSONS 4:45-8
2:00	AEROBICS 6-7	OPEN SWIM 7-9	AEROBICS 6-7	FAMILY FUN NIGHT 7-9	CLOSED Rec Center closes at 6pm					
3:00	PITTSFIELD 7-8		LAP SWIM 7-8							
4:00	LAP SWIM 8-9:45	LAP SWIM 8-9:45	LAP SWIM 9-9:45	LAP SWIM 8-9:45	OPEN SWIM 8-9	LAP SWIM 9-9:45				
5:00	OPEN SWIM 4-8	LAP SWIM 5-6	LAP SWIM 5-7	LAP SWIM 5-6	YOUTH SWIM LESSONS 4:45-8	LAP SWIM 5-7	LAP SWIM 4:30-5:45			
6:00							LAP SWIM 8-9:45	LAP SWIM 8-9:45	LAP SWIM 8-9:45	LAP SWIM 9-9:45
7:00							LAP SWIM 8-9:45	LAP SWIM 8-9:45	LAP SWIM 8-9:45	LAP SWIM 9-9:45
8:00	LAP SWIM 8-9:45	LAP SWIM 8-9:45	LAP SWIM 9-9:45	LAP SWIM 8-9:45	LAP SWIM 9-9:45	LAP SWIM 9-9:45				
9:00										

NOTE - Pool Schedule is subject to change without notice

~Private lessons meet at various times-they must abide by pool schedule

Pool Information:

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

~ 5 MINUTES PRIOR TO SHADED AREAS, LANE LINES WILL BE PULLED ~

Shaded areas = pool closed for that scheduled activity only.

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

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.