

AUGUST

* Pool closed Mon - Fri 8a-8:15a



Mentor Community Recreation Center

Indoor pool closed
Aug 10-23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a	5:30-9a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Lap Swim 7-8a	Lap Swim 8-10a
9a		Aqua HIIT		Aqua HIIT		Group Swim Lessons	Group Swim Lessons
10a	Open Swim	Stretch & Tone	Open Swim	Stretch & Tone	Cardio Splash		
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Lap Swim 11a-2p	9a-12:30pm	10a-12pm
12p	Lap Swim	11a-1p	Lap Swim	11a-12:45p			Open Swim
1p	12-2pm	Lap 1-2p	12-2p	Lap 12:45-2p			One lap lane
2p	Open 2-4p	Open 2-4p	Open Swim 2-4p	Open 2p-5p		Open Swim One lap lane	12-5:30p
3p							
4p	Group Swim Lessons 4-7p	Swim lessons 4-7p	Group Swim Lessons 4-7p	Swim lessons 4-7p	Open Swim +1 lap 2-9:30p	12:30-8:30pm	
7p	Water Bootcamp	Open + 1 lap	Family Swim	Open +1lap			
8p	Open +1lap	7-9:30p	7-9:30p	7:45-9:30p			

Deep Middle Section

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a	5:30-9a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Lap Swim 7-8:30	Lap Swim 8-10a
9a	Shallow/Deep			Swim Lessons		Group Swim Lessons	Group Swim Lessons
10a	Shallow/Deep	Swim Lessons	Shallow/Deep	11a-12:45p		9a-12:30pm	10a-12pm
11a	Open Swim		Open Swim		Lap Swim 11a-2p		Open Swim
12p	Lap Swim	11a-1p	Lap Swim	Lap Swim		Open Swim	One lap lane
1p	12-2p	Lap Swim	12-2p	12:45-2p		12:30p-8:30p	12-5:30p
2p	Open 2-4p	Open 2-4p	Open Swim	Open 2-5			
4p	Swim Lessons		Swim Lessons	Swim lessons 4-7p	Open Swim		
5p	4-7p	Swim lessons 4-7p			One lap lane		
7p	Water Bootcamp	7p	Family Swim	Move & Groove	2-9:30p		
8-9:30p	8p Open +1lap	Open +1lap	7-9:30p	Open +1lap			

Shallow Front near hallway

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7-8	
8a	5:30-9a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Move & Groove	Lap Swim 8-10a
9a	Shallow/Deep	Aqua HIIT		Aqua HIIT		Group Swim Lessons	Group Swim Lessons
10a	Shallow/Deep	Stretch & Tone	Shallow/Deep	Stretch & Tone		9a-12:30pm	10a-12pm
11a	Open Swim	Swim Lessons	Open Swim	Swim Lessons	Lap Swim 11a-2p		Open Swim
12p	Lap Swim	10a-1p	Lap Swim	11a-12:45p		Open Swim	One lap lane
1p	12-2p		12-2p	12:45-2p		12:30-8:30p	12-5:30p
2p	Open 2-4p	Senior WWO	Open Swim	Senior WWO			
4p	Group	Open 3-4p	2-4p	Swim lessons 4-7p	Open Swim		
5p	Swim Lessons	Swim lessons 4-7p	Swim lessons 4-7p	Move & Groove	One lap lane		
6:30p	4-7p				2-9:30p		
7p	Water Bootcamp	Open +1lap	Family Swim	Open +1lap			
8-9:30p	Open +1lap	7-9:30p	7-9:30p	7:45-9:30p			

Key:

Lap swim	Open Swim Family Swim	Group Swim Lessons	Water WorkOut	Home School	Adapted Aguatics	Available
----------	--------------------------	-----------------------	------------------	-------------	---------------------	-----------

