

**JULY**



**Mentor Community  
Recreation Center**

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

	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	9a-12pm	10a-12:15pm
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Lap Swim 11a-2p	Open Swim One lap lane 12-8:30pm	Open Swim One lap lane 12:15-5:30p
12p	Lap Swim	10a-1p	Lap Swim	10:45a-12:45p			
1p	12-2pm	Lap 1-2p	12-2p	Lap 12:45-2p	Open Swim +1 lap 2-9:30p		
2p	Open 2-4p	Open 2-4p	Open Swim 2-4p	Open 2p-5p			
3p							
4p	Group Swim Lessons 4-7p	3 Lap Lanes 5-7p	Group Swim Lessons 4-7p	3 Lap Lanes 5-6:45p			
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	10:45a-12:45p		9a-12pm	10a-12:15pm
11a	Open Swim		Open Swim		Lap Swim 11a-2p	Open Swim One lap lane 12p-8:30p	Open Swim One lap lane 12:15-5:30p
12p	Lap Swim	10a-1p	Lap Swim	Lap Swim			
1p	12-2p	Lap Swim	12-2p	12:45-2p	Open Swim One lap lane 2-9:30p		
2p	Open 2-4p	Open 2-4p	Open Swim	Open 2-5			
4p	Swim Lessons		Swim Lessons	3 Lap Lanes 5-6:45p			
5p	4-7p	Lap Swim					
7p	Water Bootcamp	5-7p	Family Swim	Move & Groove	One lap lane		
8-9:30p	8p Open +1lap	Open +1lap	7-9:30p	Open +1lap	2-9:30p		

**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-12pm	10a-12:15pm
11a	Open Swim	Swim Lessons	Open Swim	Swim Lessons	Lap Swim 11a-2p	Open Swim One lap lane 12-8:30p	Open Swim One lap lane 12:15-5:30p
12p	Lap Swim	10a-1p	Lap Swim	10:45a-12:45p			
1p	12-2p		12-2p	12:45-2p	Open Swim One lap lane 2-9:30p		
2p	Open 2-4p	Senior WWO	Open Swim 2-4p	Senior WWO			
4p	Group Swim Lessons	Open 3-4p		3 Lap Lanes 5-6:45p			
5p	4-7p	Lap Swim	Swim lessons 4-7p	Move & Groove			
6:30p		5-7p					
7p	Water Bootcamp	Open +1lap	Family Swim	Open +1lap	2-9:30p		
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 Aquatics	Available
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