

MARCH

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



Mentor Community Recreation Center

Pool Closed:
March 13 & 27
@7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a	5:30-10a	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-12:30pm
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Swim Lessons		
12p	Lap Swim	11a-12:40p	Lap Swim	11a-12:40p	11a-12:40p	Open Swim One lap lane 12-8:30pm	Open Swim One lap lane 1-5:30p
1p	12-4pm	Lap 12:40-2p	12-2p	Lap 12:40-2p	Lap 12:40-2p		
2p		Open 2-4p	HomeSchool 2-3	Open 2p-4p			
3p	Group Swim Lessons	Swim lessons 4-7:30p	Group Swim Lessons 4-7p	Swim lessons 4-7:30p	Open Swim +1 lap 2-9:30p		
5p	4-7p						
6:30p							
7:30p	Open +1lap	Open + 1 lap	Sports Night	Open +1lap			
8:30p	8-9:30p	8-9:30p	7:15-8:45p	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	5:30-10a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Lap Swim 7-8:30	Lap Swim 8-10a
9a				Swim Lessons		Group Swim Lessons	Group Swim Lessons
10a	Shallow/Deep		Shallow/Deep	9a-12:40p		9a-12pm	10a-12:30pm
11a	Open Swim	Swim Lessons	Open Swim		Lap Swim	Open Swim One lap lane 12p-8:30p	Open Swim One lap lane 1-5:30p
12p	Lap Swim	11a-1:30p	Lap Swim	Lap Swim	12:40-2p		
1p	12-4p		12-2p	12:40-2p			
2p		Open 2-4p	HomeSchool 2-3	Open 2-4			
4p	Swim Lessons		Swim Lessons	Swim Lessons	Open Swim		
5p		Swim Lessons			One lap lane		
7:30p	Water Bootcamp		Sports Night	Move & Groove	One lap lane		
8-9:30p	8p Open +1lap	Open +1lap	7:15-8:45p	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	5:30-10a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Move & Groove	Lap Swim 8-10a
9a		Aqua HIIT		Aqua HIIT		Group Swim Lessons	Group Swim Lessons
10a	Shallow/Deep	Stretch & Tone	Shallow/Deep	Stretch & Tone		9a-12pm	10a-12:30pm
11a	Open Swim	Swim Lessons	Open Swim	Swim Lessons	RENTAL 11-12	Open Swim One lap lane 12-8:30p	Open Swim One lap lane 1-5:30p
12p	Lap Swim	11a-1:30p	Lap Swim	10a-12:40p	Lap Swim		
1p	12-4p		12-2p	12:40-2p	12:40-2p		
2p		Senior WWO	HomeSchool 2-3	Senior WWO			
3p	Group Swim Lessons	Open 3-4p		Swim Lessons	Open Swim		
5p		Swim Lessons	Swim lessons 4-7p	Move & Groove	One lap lane		
6:30p					2-9:30p		
7p	Water Bootcamp	4-7:30p	Sports Night	Open +1lap			
8-9:30p	Open +1lap	Open +1lap	7:15-8:45p	7:45-9:30p			

Key:

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