



Mentor Community Recreation Center

JULY

Shallow Rear

	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	5:30-10a	5:30-9a	5:30-10a	Lap Swim 7-8a	Open Swim One lap lane 8a-5:30p
9a		Aqua HIIT		Aqua HIIT		Group Swim	
10a	Open Swim	Stretch & Tone	Open Swim	Stretch & Tone	Move & Groove	Lessons	
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Lap Swim	8:30-12:30pm	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p		
1p	12-3p	12:30-2p	Lap Swim	12:30-2p	Open Swim One lap lane 1-9:30p	Open Swim One lap lane 12:30-8:30pm	
2p		Senior WWO		Senior WWO			
3p	Group	Open 3p-5p	Group	Open 3p-5p			
5p	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim			
6:30p	3:30-7p	5-6:30p	3:30-7:30p				
7:30p	Open +1lap	Open +1lap	Open +1lap	Open +1lap	1-9:30p		
8:30p	8-9:30p						

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	5:30-10a	5:30-9a	5:30-10a	Lap Swim 7-8:30	Open Swim One lap lane 8a-5:30p
9a						Group Swim	
10a	Shallow/Deep		Shallow/Deep			Lessons	
11a	Open Swim		Open Swim		Lap Swim	8:30-12:30pm	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p		
1p	12-3p	12:30-2p	12-3p	12:30-2p	Open Swim One lap lane 1-9:30p	Open Swim One lap lane 12:30-8:30p	
2p							
3p	Swim Lessons	Open 3-5p	Swim Lessons	Open 3-5p			
5p	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
7:30p	Water Fit		Aqua Hiit	Shallow/Deep	One lap lane		
8:30-9:30p	Open +1lap	Open +1lap	Open +1lap	Open +1lap	1-9:30p		

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	5:30-10a	5:30-9a	5:30-10a	Move & Groove	Open Swim One lap lane 8a-5:30p
9a		Aqua HIIT		Aqua HIIT		Group Swim	
10a	Shallow/Deep	Stretch & Tone	Shallow/Deep	Stretch & Tone		Lessons	
11a	Open Swim		Open Swim		Lap Swim	8:30-12:30pm	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p		
1p	12-3p	12:30-2p	12-3p	12:30-2p	Open Swim One lap lane 1-9:30p	Open Swim One lap lane 12:30-8:30p	
2p		Senior WWO		Senior WWO			
3p	Group	Open 3-5p	Group	Open 3-5p			
5p	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim			
6:30p	3:30-7p	Open +1lap 7:30-9:30p	3:30-7p	Shallow/Deep	One lap lane		
7:30p	Water Fit		Aqua Hiit	Open +1lap	1-9:30p		
8:30-9:30p	Open +1lap		Open +1lap	7:30-9:30p			

Key:

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