Shallow Rear



Mentor Communnity Recreation Center

JULY

Silalio	w itcai			Meci	cation ce	iiici	• • • • • • • • • • • • • • • • • • • •
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Lap Swim		Lap Swim			
5:30-8am	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
9a		Aqua HIIT		Aqua HIIT		Group Swim	Swim
10a	Open Swim	Stretch & Tone	Open Swim	Stretch & Tone	Move & Groove	Lessons	One lap lane
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Lap Swim	8:30-12:30pm	8a-5:30p
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p		
1p	12-3p	12:30-2p	12-3p	12:30-2p			
2p		Senior WWO		Senior WWO		Open Swim	
3p	Group	Open 3p-5p	Group	Open 3p-5p	Open	One lap lane	
5p	SwimLessons	Lap Swim	SwimLessons	Lap Swim	Swim	12:30-8:30pm	
6:30p	3:30-7p	5-6:30p	3:30-7:30p		One lap lane	12.00 0.00pm	
7:30p	Open +1lap	Open +1lap	Open +1lap	Open +1lap	1-9:30p		
8:30p	8-9:30p	Орен +11ар	7:30-9:30p	8-9:30p			
Deep N	Middle Secti	ion				-	
-	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	-	Lap Swim	-	Lap Swim	-	,	•
8a	Lap Swim	5:30-9a	Lap Swim	5:30-9a	Lap Swim	Lap Swim 7-8:30	Open
9a	5:30-10a		5:30-10a		5:30-10a	Group Swim	Swim
10a	Shallow/Deep		Shallow/Deep			Lessons	One lap lane
11a	Open Swim		Open Swim		Lap Swim	8:30-12:30pm	8a-5:30p
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p		
1p	12-3p	12:30-2p	12-3p	12:30-2p		Open	
2p			- "			Swim	
Зр		Open 3-5p		Open 3-5p	Open	One lap lane	
5p	Swim Lessons	Lap Swim	Swim Lessons	Lap Swim	Swim	12:30-8:30p	
7:30p	Water Fit		Aqua Hiit	Shallow/Deep	One lap lane		
8:30-9:30		Open +1lap	Open +1lap	Open +1lap	1-9:30p		
•	w Front nea		Open : ziap	Open - ziap	1 3.30p		
Silalio			Medicardo.	Thursday	Fuido.	Catuudau	Condon
F.20 Com	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7-8	0
8a	5:30-10a	5:30-9a	5:30-10a	5:30-9a	5:30-10a	Move & Groove	Open
9a	Challe /Dans	Aqua HIIT	Challe /Dans	Aqua HIIT		Group Swim	Swim
10a	Shallow/Deep	Stretch & Tone		Stretch & Tone	Land Control	Lessons	One lap lane
11a	Open Swim	Law C. ive	Open Swim	Law C. ive	Lap Swim	8:30-12:30pm	8a-5:30p
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p		
1p	12-3p	12:30-2p	12-3p	12:30-2p		Open	
2p		Senior WWO		Senior WWO		Swim	
3p -	Group	Open 3-5p	Group	Open 3-5p	Open	One lap lane	
5p	SwimLessons	Lap Swim	SwimLessons	Lap Swim	Swim	12:30-8:30p	
6:30p	3:30-7p	Open +1lap	3:30-7p	Shallow/Deep	One lap lane		
	Water Fit	7:30-9:30p	Aqua Hiit	Open +1lap	1-9:30p		
•						1	
•		7.50 3.50p	Open +1lap	7:30-9:30p			
7:30p 8:30-9:30 _l	Open +1lap Key:	7.50 3.500	Open +1lap	7:30-9:30p			
•		Open Swim	Open +1lap Group Swim	7:30-9:30p Water	Home School	Adapted	Available