



Mentor Community Recreation Center

May

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	8:30-1:30pm	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p	Adapted Aqua	
1p	12-3p	12:30-2p	12-3p	12:30-2p		Swim Lessons	
2p		Senior WWO		Senior WWO			
3p	Open 3-4p	Group	Open 3p-6p	Open 3p-5p	Open Swim One lap lane 1-9:30p	Open Swim One lap lane 1:30-8:30pm	
5p	Group Swim	Swim Lessons 4-7:30p	Group Swim	Swim Lessons			
6:30p	Lessons		Lessons	Adapted Aqua			
7:30p	Open +1lap	Aqua HIIT	Open +1lap	Open +1lap			
8:30p	8-9:30p	Open +1lap	7-9:30p	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	8:30-1:30am	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p		
1p	12-3p	12:30-2p	12-2p	12:30-2p		Open Swim One lap lane 1:30-8:30p	
2p			Home School				
3p	Open 3-5p	Open 3-4:30p	Open 3-5p	Open 3-5p	Open Swim One lap lane 1-9:30p		
5p	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
7:30p	Water Fit		Open +1lap	Shallow/Deep			
8:30-9:30	Open +1lap	Open +1lap		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	5:30-10a	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 10-12p	
11a	Open Swim		Open Swim		Lap Swim	Adapted Aqua	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p	Water Fit	
1p	12-3p	12:30-2p	12-2p	12:30-2p		Open Swim One lap lane 1:30-8:30p	
2p		Senior WWO	Home School	Senior WWO			
3p	Open 3-5p	Open 3-4:30p	Open 3-5p	Open 3-5:30p	Open Swim One lap lane 1-9:30p		
5p	Group Swim	Group Swim	Group Swim	Group Swim			
6:30p	Lessons	Move & Groove	Lessons	Shallow/Deep			
7:30p	Water Fit		Aqua HIIT	Open +1lap			
8:30-9:30	Open +1lap	Open +1lap	Open +1lap	8-9:30p			

Key:

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