

APRIL



Mentor Community Recreation Center

Pool Closed
April 19th
Special Event

	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	H2O BodyBurn
9a		Aqua HIIT	AquaLates	Aqua HIIT		Group Swim Lessons	Group Swim Lessons
10a	Open Swim	Stretch & Tone	Open Swim	Stretch & Tone	AquaLates	8a-12pm	10a-1pm
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Lap Swim		
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12-2p		Open Swim
1p	12-3p	12:30-2p	12-2p	12:30-2p	Open Swim		One lap lane
2p		Open 2-4p	Open Swim	Senior WWO	2-4pm		1-5:30p
3p			2-4p	Open 3p-4p	Swim Lessons	Open Swim	
5p	Group Swim Lessons	Swim Lessons	Group Swim Lessons	Swim Lessons	4-6pm	One lap lane	
6:30p	4-7p	4-7:30P	4-7:30p	4-8P	One Swim + 1 lap lane	12-8:30pm	
7:30p	Open +1lap	Open +1lap	Open +1lap	Open +1lap	1-9:30p		
8:30p	7-9:30p	7:30-9:30p	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	5:30-9a	5:30-9a	5:30-10a	Lap Swim 7-8:30	H2O BodyBurn
9a						Group Swim Lessons	Group Swim Lessons
10a	Shallow/Deep		Shallow/Deep			8a-12pm	10a-1pm
11a	Open Swim		Open Swim		Lap Swim		
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12-2p		Open Swim
1p	12-3p	12:30-2p	12-2p	12:30-2p		Open Swim	One lap lane
2p		Open 2-4p	Open swim		Open Swim	One lap lane	1-5:30p
4p	Swim Lessons		Swim Lessons	Open 3-6:30p		12p-8:30p	
5p		Swim Lessons			One lap lane		
7:30p	H2O BodyBurn		Aqua Hiit	Shallow/Deep	2-9:30p		
8:30-9:30p	Open +1lap	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	5:30-9a	5:30-9a	5:30-10a	Move & Groove	H2O BodyBurn
9a		Aqua HIIT		Aqua HIIT		Group Swim Lessons	Group Swim Lessons
10a	Shallow/Deep	Stretch & Tone	Shallow/Deep	Stretch & Tone		8a-12pm	10a-1pm
11a	Open Swim		Open Swim		RENTAL 11-12		
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Open Swim
1p	12-3p	12:30-2p	12-2p	12:30-2p	12-2p	Open Swim	One lap lane
2p		Senior WWO	Open Swim	Senior WWO	Lessons 2-3p	One lap lane	1-5:30p
3p	Group Swim Lessons	Open 3-4p	2-4p	Open 3-6:30p	Open Swim	12-8:30p	
5p	4-7p	Swim Lessons	Swim lessons 4-7p	Open 3-6:30p	One lap lane		
6:30p				Move & Groove	3-9:30p		
7p	H2O BodyBurn	Move & Groove	Aqua Hiit	Open +1lap			
8-9:30p	Open +1lap	Open +1lap	Open +1lap	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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