

DECEMBER



Mentor Community Recreation Center

Pool Closed:
Dec 5&12 @7pm
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	Lap Swim 8-10a
9a		Aqua HIIT		Aqua HIIT		Group Swim	Group Swim
10a	Open Swim	Stretch & Tone	Open Swim	Stretch & Tone	Cardio Splash	Lessons	Lessons
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Swim Lessons	9a-12pm	10a-12:30pm
12p	Lap Swim	11a-12:40p	Lap Swim	11a-12:40p	11a-12:40p	Open Swim One lap lane 12-8:30pm	Open
1p	12-4pm	Lap 12:40-2p	12-2p	Lap 12:40-2p	Lap 12:40-2p		Swim
2p		Open 2-4p	HomeSchool 2-3	Open 2p-4p	Open Swim +1 lap 2-9:30p		One lap lane
3p	Group		Group	Swim lessons 4-7:30p			1-5:30p
5p	SwimLessons	Swim lessons 4-7:30p	SwimLessons 4-7p				
6:30p	4-7p						
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 5:30-10a	Lap Swim 5:30-9a	Lap Swim 5:30-9a	Lap Swim 5:30-9a	Lap Swim 5:30-10a		
8a				Swim Lessons		Lap Swim 7-8:30	Lap Swim 8-10a
9a						9a-12:40p	Group Swim Lessons 9a-12pm
10a	Shallow/Deep		Shallow/Deep				
11a	Open Swim	Swim Lessons	Open Swim		Lap Swim 12:40-2p	Open Swim One lap lane 12p-8:30p	Open Swim One lap lane 1-5:30p
12p	Lap Swim 12-4p	11a-1:30p	Lap Swim	Lap Swim	Open Swim One lap lane 2-9:30p		
1p			12-2p	12:40-2p			
2p		Open 2-4p	HomeSchool 2-3	Open 2-4			
4p	Swim Lessons		Swim Lessons	Swim Lessons			
5p		Swim Lessons					
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 5:30-10a	Lap Swim 5:30-9a	Lap Swim 5:30-9a	Lap Swim 5:30-9a	Lap Swim 5:30-10a	Lap Swim 7-8		
8a						Move & Groove	Lap Swim 8-10a	
9a		Aqua HIIT		Aqua HIIT			Group Swim	Group Swim
10a		Shallow/Deep	Stretch & Tone	Shallow/Deep		Stretch & Tone		Lessons
11a	Open Swim	Swim Lessons	Open Swim	Swim Lessons	RENTAL 11-12	9a-12pm	10a-12:30pm	
12p	Lap Swim 12-4p	11a-1:30p	Lap Swim	10a-12:40p	Lap Swim 12:40-2p	Open Swim One lap lane 12-8:30p	Open Swim One lap lane 1-5:30p	
1p			12-2p	12:40-2p				
2p		Senior WWO	HomeSchool 2-3	Senior WWO				
3p	Group SwimLessons 4-7p	Open 3-4p		Swim Lessons	Open Swim One lap lane 2-9:30p			
5p		Swim Lessons	Swim lessons 4-7p					Move & Groove
6:30p				Water Bootcamp				
7p	Open +1lap	Open +1lap	7:15-8:45p	7:45-9:30p				
8-9:30p								

Key:

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