

JANUARY



Mentor Community Recreation Center

Pool Closed Jan1
Jan 10 @7p
Jan 31 11a-2p

	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	11a-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 One lap lane 12-8:30pm	Open Swim One lap lane 1-5:30p
1p	12-3p	12:30-2p	12-2p	12:30-2p	Open Swim		
2p		Senior WWO	Home School	Senior WWO	2-3pm		
3p	Group Swim Lessons	Open 3p-5p	Group Swim Lessons	Open 3p-5p	Swim Lessons		
5p	3:30-7p	Swim Lessons 5-8P	3:30-7:30p	Lap Swim	3-6pm		
6:30p					One Swim + 1 lap lane		
7:30p	Open +1lap	Open +1lap	Open +1lap		1-9:30p		
8:30p	8-9:30p		7:30-9:30p	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	11a-1pm
11a	Open Swim		Open Swim		Lap Swim		
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12-2p	Open Swim One lap lane 12p-8:30p	Open Swim One lap lane 1-5:30p
1p	12-3p	12:30-2p	12-2p	12:30-2p	Open Swim		
2p			Home School				
3p	Swim Lessons	Open 3-5p	Swim Lessons	Open 3-5p	Open Swim		
5p		Swim Lessons		Lap Swim	One lap lane		
7:30p	Water Fit		Aqua Hiit	Shallow/Deep	1-9:30p		
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	RENTAL 11-12	8a-12pm	11a-1pm
11a	Open Swim		Open Swim		Lap Swim		
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12-2p	Open Swim One lap lane 12-8:30p	Open Swim One lap lane 1-5:30p
1p	12-3p	12:30-2p	12-2p	12:30-2p	Open Swim		
2p		Senior WWO	Home School	Senior WWO			
3p	Group Swim Lessons	Open 3-5p	Group Swim Lessons	Open 3-5p	Open Swim		
5p	3:30-7p	Swim Lessons	3:30-7p	Lap Swim	One lap lane		
6:30p				Move & Groove	2-9:30p		
7p	H2O BodyBurn	Move & Groove	Aqua Hiit	Open +1lap			
8-9:30p	Open +1lap	Open +1lap	Open +1lap	7:30-9:30p			

Key:

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