

July



Mentor Community Recreation Center

4th of July hours
7a-12:30p

	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 Lessons	Group Swim Lessons
10a	Open Swim	Stretch & Tone	Open Swim	Stretch & Tone	AquaLates	9a-12pm	10a-12pm
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Lap Swim		
12p	12-2p	11a-1:30p	Lap Swim	Lap Swim	12-2p		Open Swim
1p	Lap Swim 4pm		12-3p	12:30-2p			One lap lane
2p		Open 2-4p		Senior WWO			12-5:30p
3p	Group Swim Lessons			Open 2p-4p		Open Swim One lap lane	
5p	4-7:30p	Lap Swim 4-6:30pm	Group Swim Lessons 3-7:30p	Lap Swim 4-6:30p	Open Swim +1 lap 2-9:30p	12-8:30pm	
6:30p							
7:30p	Open +1lap	Open +1lap	Open +1lap	Open +1lap			
8:30p	8-9:30p	7:30-9:30p	7-9:30p	7:45-9:30p			

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