

NOVEMBER

Mentor Community Recreation Center



Pool Closed: Nov 7
@7pm Stil Waters; Nov
21 @7pm Float N Flick ;
Nov 26 @ 6-7:30p

****Pool closed M-F 8-8:15am**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a 9a 10a	5:30-10a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Lap Swim 7-8a	Lap Swim 8-10a
11a		Aqua HIIT		Aqua HIIT		Group Swim	Group Swim
12p 1p 2p	Open Swim	Stretch & Tone	Open Swim	Stretch & Tone	Cardio Splash	Lessons	Lessons
3p	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Swim Lessons	9a-12pm	10a-12:30pm
5p	Lap Swim	Lap 12:40-2p	Lap Swim	Lap 12:40-2p	Lap 12:40-2p		Open Swim
6:30p	12-4pm	Open 2-4p	HomeSchool 2-3	Open 2p-4p		Open Swim	One lap lane
7:30p		Swim lessons 4-7:30p	Group SwimLessons 4-7p	Swim lessons 4-7:30p	Open Swim +1 lap 2-9:30p	One lap lane 12-8:30pm	1-5:30p
8:30p	Open +1lap	Open + 1 lap	SPORTS NIGHT	Open +1lap			
	8-9:30p	7:45-9:30p	7:15-8:45PM	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 9a 10a	5:30-10a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Lap Swim 7-8:30	Lap Swim 8-10a
11a 12p				Swim Lessons		Group Swim	Group Swim
1p 2p	Shallow/Deep		Shallow/Deep	9a-12:40p		Lessons	Lessons
4p 5p	Open Swim	Swim Lessons	Open Swim		Lap Swim	9a-12pm	10a-12:30pm
7:30p	Lap Swim 12-4p	11a-1:30p	Lap Swim	Lap Swim	12:40-2p	Open Swim	Open Swim
8-9:30p		Open 2-4p	HomeSchool 2-3	Open 2-4	Open Swim	One lap lane 12p-8:30p	One lap lane 1-5:30p
	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	One lap lane 2-9:30p		
	Water Bootcamp		SPORTS NIGHT	Move & Groove			
	8p Open +1lap	Open +1lap	7:15-8:45PM	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 9a 10a	5:30-10a	5:30-9a	5:30-9a	5:30-9a	5:30-10a	Move & Groove	Lap Swim 8-10a
11a 12p		Aqua HIIT		Aqua HIIT		Group Swim	Group Swim
1p 2p	Shallow/Deep	Stretch & Tone	Shallow/Deep	Stretch & Tone		Lessons	Lessons
3p 5p	Open Swim	Swim Lessons	Open Swim	Swim Lessons	RENTAL 11-12	9a-12pm	10a-12:30pm
6:30p	Lap Swim 12-4p	11a-1:30p	Lap Swim	10a-12:40p	Lap Swim	Open Swim	Open Swim
7p			12-2p	12:40-2p	12:40-2p	One lap lane 12-8:30p	One lap lane 1-5:30p
8-9:30p		Senior WWO	HomeSchool 2-3	Senior WWO	Open Swim		
	Group SwimLessons 4-7p	Open 3-4p		Swim Lessons	One lap lane 2-9:30p		
	Water Bootcamp	Swim Lessons 4-7:30p	Swim lessons 4-7p	Move & Groove			
	Open +1lap	Open +1lap	SPORTS NIGHT	Open +1lap			
			7:15-8:45PM	7:45-9:30p			

Key:

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