



Minneapolis

# Downtown Pool Schedule

August 1- September 30, 2023

Monday					
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
6:00a	*Lap				Open
10:30a	Lap	Aqua Zumba 10:45-11:30 am			
11:30a	*Lap				Open
5:30p	Lap	Water Fitness 5:30-6:15 pm			
6:30p	*Lap until 6:45p				Open

Tuesday					
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
6:00a	*Lap				Open
9:00a	Lap	Water Fitness 9-9:45am			
9:45a	*Lap until 6:45p				Open

Wednesday					
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
6:00a	*Lap until 6:45p				Open

Thursday					
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
6:00a	*Lap				Open
9:00a	Lap	Water Fitness 9-9:45am			
9:45a	*Lap until 6:45p				Open

A cleansing shower with soap is required immediately before entry into the pool.

LANES: Lane 1: by west wall Lane 5: by stairs/ramp	
Activity	Description
Lap*	Lap Swimming - * lanes may be used for private lessons
Open	Leisure & Recreational Swim
Aqua Fitness Class	Open to all members 13+ *music is added to these class formats.
NOTE: NO Lifeguard on Duty	

Friday					
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
6:00a	*Lap until 6:45p				Open

Saturday					
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
9:00a	*Lap				Open
10:15a	Lap	Water Fitness 10:15-11			
11:00a	*Lap until 1:45pm				Open

Sunday					
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
9:00a	*Lap until 1:45p				Open

Private lessons may reserve time during any lap swim marked with an asterisk (\*).