

eliminating racism  
empowering women



Minneapolis

# Uptown Pool Schedule

August 1-September 30, 2023

| Monday |                        |      |      |      |      |      |      |
|--------|------------------------|------|------|------|------|------|------|
| Time   | Ln 1                   | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 |
| 5:30a  | *Lap Swim until 8:45pm |      |      |      |      |      | Open |

| Tuesday |                              |      |      |      |      |      |      |
|---------|------------------------------|------|------|------|------|------|------|
| Time    | Ln 1                         | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 |
| 5:30a   | *Lap                         |      |      |      |      |      | Open |
| 6:30p   | Tri Swim Prep- only 8/1, 8/8 |      |      | Lap  |      |      |      |
| 7:30p   | *Lap Swim until 8:45 pm      |      |      |      |      |      | Open |

| Wednesday |                        |      |                              |      |      |      |      |
|-----------|------------------------|------|------------------------------|------|------|------|------|
| Time      | Ln 1                   | Ln 2 | Ln 3                         | Ln 4 | Ln 5 | Ln 6 | Ln 7 |
| 5:30a     | *Lap                   |      |                              |      |      |      | Open |
| 10:00a    | Lap                    |      | *Water Fitness 10:15-11:00am |      |      |      |      |
| 11:00a    | *Lap Swim until 8:45pm |      |                              |      |      |      | Open |

| LANES: Lane 1: by East Wall Lane 7: by Stairs/Ramp |  |
|--|--|
| Activity   | Description  |
| Lap*   | Lap Swimming -<br>*Lanes may be used for private lessons           |
| Open   | Leisure & Recreational Swim  |
| Aqua Fitness Class                                 | Open to all members 13+<br>*Music is added to these class formats. |
| Program  | Registration required  |

Please check Facility Notices for updated information.

| Thursday |                              |      |      |      |      |      |      |
|----------|------------------------------|------|------|------|------|------|------|
| Time     | Ln 1                         | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 |
| 5:30a    | *Lap                         |      |      |      |      |      | Open |
| 6:30p    | Tri Swim Prep- only 8/3, 8/9 |      |      | Lap  |      |      |      |
| 7:30p    | *Lap Swim until 8:45 pm      |      |      |      |      |      | Open |

| Friday |                         |      |      |      |      |      |      |
|--------|-------------------------|------|------|------|------|------|------|
| Time   | Ln 1                    | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 |
| 5:30a  | *Lap Swim until 8:45 pm |      |      |      |      |      | Open |

| Saturday |                       |      |      |      |      |      |      |
|----------|-----------------------|------|------|------|------|------|------|
| Time     | Ln 1                  | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 |
| 8:00a    | *Lap                  |      |      |      |      |      | Open |
| 2:00p    | *Lap Swim until 4:45p |      |      |      |      | Open |      |

| Sunday |                       |      |      |      |      |      |      |
|--------|-----------------------|------|------|------|------|------|------|
| Time   | Ln 1                  | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 |
| 8:00a  | *Lap                  |      |      |      |      |      | Open |
| 2:00p  | *Lap Swim until 4:45p |      |      |      |      | Open |      |

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

Pool Schedule subject to change without notice.

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