

# midtown lap pool schedule

## October 2<sup>nd</sup> - October 25<sup>th</sup>, 2023

Monday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim					
3:45p	*Lap Swim					Rec.
5:00p	*Lap Swim			Rec. Swim		
8:00p	Adult Swim 18+ Pool area closes at 8:40p					

Tuesday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim 18+					
9:00a	Adult Swim 18+			Water Fitness (reservation)		
9:45a	*Adult Swim 18+					
3:45p	*Lap Swim					Rec.
6:30p	Lessons	Lap Swim			Rec Swim	
7:15p	*Lap Swim				Rec Swim	
8:00p	Adult Swim 18+ Pool area closes at 8:40p					

Wednesday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim 18+					
6:30a	Adult Swim 18+			Water Fitness (reservation)		
7:20a	*Adult Swim 18+					
3:45p	*Lap Swim					Rec.
6:30p	Lessons	Lap Swim			Rec Swim	
8:00p	Adult Swim 18+ Pool area closes at 8:40p					

Thursday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim 18+					
9:00a	Adult Swim 18+			Water Fitness (reservation)		
9:45a	*Adult Swim 18+					
3:45p	*Lap Swim					Rec.
5:00p	*Lap Swim			Rec. Swim		
8:00p	Adult Swim 18+ Pool area closes at 8:40p					

**Note: No Lifeguard during bold time**  
If no lifeguard available, block will be Adult Only (18+)

Lanes: Ln 1: by west wall - Ln 6: by stairs/ramp

Activity	Description
Adult Swim 18+	Age 18+ Adult lap or fitness swim No lifeguard - swim at your own risk
LAP Swim	Lap swimming. No open or rec swimming.
Rec. Swim	Open swim. (18+ only if no lifeguard available on lap pool).
Aqua Fitness	Reservation required. Open to age 15+
Program	Registration required for participants

Friday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	Adult Swim 18+					
3:45p	*Lap Swim					Rec.
4:30p	*Lap Swim			Rec. Swim		
8:00p	Adult Swim 18+ Pool area closes at 8:40p					

Saturday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	*Adult Swim 18+					
10:00a	Lap Swim					
11:30a	Lessons (11:30-12:20p)	Lap Swim			Rec.	
12:20p	*Lap Swim			Rec. Swim		
6:00p	Adult Swim 18+ Pool area closes at 6:40p					

Sunday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	*Adult Swim 18+					
10:00a	Lap Swim					
10:25a	Lap Swim		H <sub>2</sub> O-Combo (10:30-11:15a reservation)			
11:20a	*Lap Swim			Rec. Swim		
2:00p	Lessons (2:10-3:30)		Lap	Rec. Swim		
2:45p	Lessons (2:10-3:30)		Lap Swim		Rec Swim	
3:30p	Adult Swim 18+ Pool area closes at 6:40p					

# midtown leisure pool schedule

October 2<sup>nd</sup> - October 25<sup>th</sup>, 2023

<b>leisure pool</b>
<b>Open Swim</b>
<b>Monday</b>
4:30p - 8:00p
<b>Tuesday</b>
6:30p - 8:00p
<b>Wednesday</b>
6:30p - 8:00p
<b>Thursday</b>
4:30p - 8:00p
<b>Friday</b>
4:00p - 8:00p
<b>Saturday</b>
11:35a - 6:00p
<b>Sunday</b>
10:30a - 3:30p

**Large Waterslide:** is available on 15 minute rotations when 3 guards are on duty:

Tentatively:

Monday & Thursday 5:30p-7:45p,  
Tuesday & Wednesday 6:30-7:45p, Friday 4:45p-7:45p,  
Saturday 12:00p-5:45p, Sunday 11:30a-3:15p

**Water Spray Features:** available on 15 minute rotations when open swim is scheduled for leisure pool  
(may not be available when noise interferes with lap pool programming such as water fitness or swim lesson classes).

**Rope Swing:** available on 15 minute rotations when 3 lanes of Rec. swim are available.

Tentatively:

Monday & Thursday 5:30p-7:45p, Friday 5:00p-7:45p,  
Saturday 12:00p-5:45p, Sunday 11:30a-2:45p

## Age Policies:

### 0-8 years old:

CANNOT pass the Swim Test AND is under 48" tall:

Parent/guardian\* MUST be in the WATER within arm's length of the child.

*A youth 15 or older may substitute in the water as long as they are within arm's length of the child. Guardian must remain in pool area actively supervising.*

CAN pass the swim test OR is 48" or taller:

Parent/guardian\* MUST be in the POOL AREA, actively supervising the child.

### 9-11 years old:

Parent/guardian\* MUST be in the BUILDING while the child is swimming. Check in with lifeguard before leaving pool area.

*\*A parent/guardian must be 21 or older.*

### Slide Height Policy:

Must be 48 inches or taller OR pass the swim test.

## Pool Dress Code

Be safe in the water and help keep the pool clean.

### Wearing proper swim clothing:

- Protects swimmers clothing entrapment.
- Improves the water quality in the pool.
- Protects filters and pumps

### Swim Clothing - Permitted

- Swim Trunks or swim suits
- Non-baggy, non-cotton - shirts (rash guard)
- Leggings -
- Dresses, skirts or wraps - to knee or shorter
- Head coverings – shoulder length or shorter
- Aqua/water shoes

### Swim Clothing must be made out of these materials:

- Nylon, lycra, polyester, spandex (or blend of these)
- Silicone or latex (swim caps)

### Clothing - NOT Permitted

- Shorts used in the gym or fitness area
- Loose clothing that drapes over arms and hands
- Dresses, skirts, or wraps longer than knee length
- Undergarments (underwear, boxers, etc.)
- Any fabric made out of cotton, denim, corduroy.
- Cotton or cotton blends.