



Therapy Pool Schedule April 16th– April 22nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30–8:30 Adult Open Swim	7:30–8:30 Adult Open Swim	7:30–8:30 Adult Open Swim	7:30–8:30 Adult Open Swim	7:30–8:30 Adult Open Swim	7:00–11:00 Adult Open Swim	7:00–10:00 Adult Open Swim
8:30–9:15 Aqua Fitness	8:30–9:15 Aqua Fitness	8:30–9:15 Aqua Fitness	8:30–9:15 Aqua Fitness	8:30–9:15 Aqua Fitness	11:00–2:00 Healthy Kids Day Open Swim	10:00–12:30 Open Swim
9:15–11:00 Adult Open Swim	9:15–11:00 Camp/Swim Lessons	9:15–10:45 Camp/Swim Lessons	9:15–11:00 Camp/Swim Lessons	9:15–11:00 Camp/Swim Lessons	2:30–4:00 Adult Open Swim	12:30–1:45 Adult Open Swim
11:15–1:00 Open Swim	11:15–1:00 Open Swim	10:45–11:40 Adult Open Swim	11:15–1:00 Open Swim	11:15–1:00 Open Swim	4:15–5:30 Open Swim	1:45–3:30 Family Swim
1:00–2:30 Adult Open Swim Physical Therapy	1:00–2:25 Adult Open Swim Physical Therapy	11:45–12:30 SACC Swim 12:45–2:25 Adult Open Swim Physical Therapy	1:00–2:25 Adult Open Swim Physical Therapy	1:00–2:25 Adult Open Swim Physical Therapy	5:30–7:30 Adult Open Swim CLOSED	3:30–4:30 EMARC (Private Rental)
2:45–4:00 Open Swim	2:30–4:00 Open Swim	2:30–4:00 Open Swim	2:30–4:00 Open Swim	2:30–4:00 Open Swim		4:30–5:00 Adult Open Swim CLOSED
4:00–5:00 Adult Open Swim	4:00–5:00 Adult Open Swim	2:30–4:00 Open Swim	4:00–5:00 Adult Open Swim	4:00–5:00 Adult Open Swim		
5:00–6:30 Open Swim	5:00–6:30 Open Swim	4:00–5:00 Adult Open Swim	5:00–6:30 Open Swim	5:00–6:30 Open Swim		
6:30–7:00 Adult Open Swim	6:30–7:00 Adult Open Swim	5:00–6:30 Open Swim	6:30–7:00 Adult Open Swim	6:30–9:00 Adult Open Swim CLOSED		
7:00–7:45 Aqua Fitness	7:00–7:45 Aqua Fitness	6:30–7:00 Adult Open Swim	7:00–7:45 Aqua Fitness			
7:45–9:00 Adult Open Swim CLOSED	7:45–9:00 Adult Open Swim CLOSED	7:00–7:45 Aqua Fitness 7:45–9:00 Adult Open Swim CLOSED	7:45–9:00 Adult Open Swim CLOSED			

Whirlpool Hours

Monday thru Friday– 5:30am–9:30pm*
Saturday– 7am–7:30pm
Sunday– 7am–5pm

Closed Wednesday for cleaning from 10am–2pm

Adult Lap Swim • 18+ years old, must be able to swim 50 yards continuously

Adult Open Swim • 18+ years old in and on the pool deck

Lap Swim • Must be able to swim 50 yards continuously

Open Swim • All ages

Aqua Fitness • All drop-in, 30 person max. No cost to members, \$10 for non-members

Swim Lessons • Only registered participants can attend

We reserve the right to hold lifeguard drills during any times.

All pools and decks will be closed for a minimum of 30 minutes in the event of thunder or lightning.

Policies for Open Swim & Pool Parties

–Children 5 and under must be accompanied by an adult 18 or older in the water.

–Children 8 and under must be accompanied by an adult 18 or older on the pool deck.

–All children under the age of 15 must be marked with a colored neck band to indicate them as a swimmer or non-swimmer.

–Swim diapers must be worn by all children not 100% potty-trained.

–No more than 50 people are allowed in the therapy pool at one time and is at the discretion of the lifeguard(s) on duty.

–The lifeguards have the final say on rules and policies.

–The use of cell phones and other handhelds are not permitted on the pool decks



Lap Pool Schedule April 16th– April 22nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30–1:30 Adult Open (2) Lap (4)	5:30–5:45 Adult Open (2) Lap (4)	5:30–9:15 Adult Open (2) Lap (4)	5:30–5:45 Adult Open (2) Lap (4)	5:30–9:15 Adult Open (2) Lap (4)	7:00–11:00 Adult Open (2) Lap (4)*	7:00–12:30 Lap (4)* Adult Open (2)
1:30–2:30 Adult Lap (2) Lap (2) Open (2)	5:45–6:30 Adult Lap (2) Lap (2) Aqua Fitness (2)	9:15–1:00 Camp(2) Lap (2) Adult Lap (2)	5:45–6:30 Adult Lap (2) Lap (2) Aqua Fitness (2)	9:15–1:00 Camp (2) Lap (2) Adult Lap (2)	11:00–2:00 Adult Lap (2) Lap (2)* Open (2)	12:30–2:00 Adult Lap (2) Open Swim (2) Lap (2)*
2:30–6:00 Adult Open (2) Lap (4)	6:30–8:30 Adult Open (2) Lap (4)	1:00–2:30 Lap (2) Adult Lap (2) Adult Open (2)	6:30–8:30 Adult Open (2) Lap (4)	1:00–2:30 Lap (2) Adult Lap (2) Adult Open (2)	2:00–7:30 Adult Lap (2) Lap (2)* Adult (2)	2:00–5:00 Lap (4)* Adult Open (2) CLOSED
6:00–7:00 Adult Lap (2) Lap (2) Open (2)	8:30–9:15 Adult Lap (3) Aqua Fitness (3)	2:30–6:30 Open (2) Lap (2) Adult Lap (2)	8:30–9:15 Adult Lap (3) Aqua Fitness (3)	2:30–6:30 Open (2) Lap (2) Adult Lap (2)	CLOSED	
7:00–9:30 Adult Lap (4) Adult Open (2) CLOSED	9:15–1:00 Camp(2) Lap (2) Adult Lap (2)	8:30–9:30 Adult Lap (4) Adult Open (2) CLOSED	9:15–1:00 Camp (2) Lap (2) Adult Lap (2)	8:30–9:30 Adult Lap (4) Adult Open (2) CLOSED		
	1:00–2:30 Lap (2) Adult Lap (2) Adult Open (2)		1:00–2:30 Lap (2) Adult Lap (2) Adult Open (2)			
	2:30–6:30 Open (2) Lap (2) Adult Lap (2)		2:30–6:30 Open (2) Lap (2) Adult Lap (2)			
	8:30–9:30 Adult Lap (4) Adult Open (2) CLOSED		8:30–9:30 Adult Lap (4) Adult Open (2) CLOSED			

*Our Lifeguard course will be using two lanes between 9am–5pm, Saturday and Sunday. Please be advised, you might be asked to use a different lane during that time. *

POOL ETIQUETTE (Lap, Therapy, and Whirlpool)

- Take a cleansing shower prior to entering the pool.
- Infants, toddlers and children not fully potty trained are required to wear a swim diaper and/or rubber pants with their bathing suit.
- Acceptable swim wear includes one or two-piece bathing suits, Hijabs or Berkas made for water. Cotton, undergarments or linen is not an appropriate swim wear for the pool.

The Malden Y welcomes all. Please see the Aquatics Director if you feel an exception is needed

The number in parenthesis denotes the amount of lanes set aside for that specific activity. The Malden Y reserves the right to alter any of the pool schedules to accommodate programs. There will always be an Adult Lap lane available in the Lap Pool throughout the day.