



## AQUATICS SCHEDULE THERAPY POOL Sept 11<sup>th</sup>– Oct. 29<sup>th</sup>

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	7:00-8:00 Adult Open Swim	7:00-9:15 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	8:00-12:45 Swim Lessons	9:15-12:45 Swim Lessons
9:15-11:00 Swim Lessons	9:15-11:00 Swim Lessons	9:15-11:00 Swim Lessons	9:15-11:00 Swim Lessons	9:15-11:00 Swim Lessons	12:50-2:00 Adult Open Swim	12:45-2:30 Adult Open Swim
11:15-1:00 Open Swim	11:15-1:00 Open Swim	11:15-1:00 Open Swim	11:15-1:00 Open Swim	11:15-1:00 Open Swim	2:00-4:00 Pool Party Rental	2:30-3:30 Open Swim
1:00-2:30 Adult Open Swim Physical Therapy	1:00-2:25 Adult Open Swim Physical Therapy	1:00-2:30 Adult Open Swim Physical Therapy	1:00-2:25 Adult Open Swim Physical Therapy	1:00-2:25 Adult Open Swim Physical Therapy	4:00-5:00 Open Swim	3:30-4:30 Private Rental (EMARC)
2:45-3:25 Open Swim	2:45-3:30 Open Swim	2:45-3:25 Open Swim	2:45-3:30 <b>Open Swim</b>	2:45-3:25 Open Swim	5:15-7:00 Adult Open Swim	4:30-5:00 Adult Open Swim
3:30-6:00 Swim Lessons	3:30-5:10 Adult Open Swim	3:30-6:00 Swim Lessons	3:30-4:00 Adult Open Swim	3:30-5:15 Swim Lessons	<b>Closed</b>	<b>Closed</b>
6:05-6:55 Open Swim	5:15-6:50 Lessons	6:05-6:55 Adult Open Swim	4:00-5:30 EMARC (Private Rental) 5:30-6:55 Swim Lessons	5:15-6:00 Adult Open Swim		
7:00-7:45 <b>Aqua Fitness</b>	7:00-7:45 Aqua Fitness	7:00-7:45 <b>Aqua Fitness</b>	7:00-7:45 Aqua Fitness	6:00-6:55 Open Swim		
7:45-9:00 Adult Open Swim	7:45-9:00 Adult Open Swim <b>Closed</b>	7:45-9:00 Adult Open Swim	7:00-7:45 Aqua Fitness	7:15-9:00 Adult Open Swim <b>Closed</b>		
<b>Closed</b>		<b>Closed</b>	7:45-9:00 Adult Open Swim <b>Closed</b>			

**Whirlpool Hours**

Monday–Friday 5:30am–9:30pm\*

Saturday 7:00am–7:30pm

Sunday 7:00am–5:00pm

\* Closed every Wednesday from 10:00am – 2:00pm for cleaning.

**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 private swim lessons during Adult Open Swim and Lesson 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.

**Malden YMCA**

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