



AQUATICS SCHEDULE THERAPY POOL Oct. 30th– Dec. 23rd

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 Open Swim	2:45–3:25 Open Swim	5:15–7:30 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	Closed	Closed
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)	5:15–6:00 Adult Open Swim	<h3 style="text-align: center; margin: 0;">Whirlpool Hours</h3> <p style="margin: 0;">Monday–Friday 5:30am–9:30pm*</p> <p style="margin: 0;">Saturday 7:00am–7:30pm</p> <p style="margin: 0;">Sunday 7:00am–5:00pm</p> <p style="margin: 0;">* Closed every Wednesday from 10:00am – 2:00pm for cleaning.</p>	
7:00–7:45 Aqua Fitness	7:00–7:45 Aqua Fitness	7:00–7:45 Aqua Fitness	5:30–6:55 Swim Lessons	6:00–6:55 Open Swim		
7:45–9:00 Adult Open Swim	7:45–9:00 Adult Open Swim	7:45–9:00 Adult Open Swim	7:00–7:45 Aqua Fitness	7:15–9:00 Adult Open Swim		
Closed	Closed	Closed	7:45–9:00 Adult Open Swim	Closed		

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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