



Lap Pool Schedule

Nov. 6th– Dec. 23rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-2:00 Adult Open (2) Lap (4)	5:30-5:45 Lap (4) Adult Open (2)	5:30-5:45 Lap (4) Adult Open (2)	5:30-5:45 Lap (4) Adult Open (2)	5:30-2:00 Adult Open (2) Lap (4)	7:00-7:30 Lap (4) Adult Open (2)	7:00a-9:00a Adult Lap (2) Adult Open (2) Lap (2)
2:00-4:00 Adult Lap (2) Lap (2) Open (2)	5:45-6:30 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	5:45-6:30 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	5:45-6:30 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	2:00-4:00 Adult Lap (2) Lap (2) Open (2)	7:30a-9:00a Adult Lap (2) Adult Open (1) Crocs (3)	9:00-1:30 Adult Lap (2) Lessons (4)
4:00-5:30 Crocs (4) Adult Lap (2)	6:30-8:30 Lap (4) Adult Open (2)	6:30- 2:00 Adult Open (2) Lap (4)	6:45-8:30 Lap (4) Adult Open (2)	4:00-5:30 Crocs (5) Adult Lap (1)	9:00a-1:15 Adult Lap (2) Lessons (4)	1:30p-3:00p Adult Lap (2) Lap (2) Open Swim (2)
5:30-7:10 Lessons (2) Adult Lap (1) Crocs (3)	8:30-9:15 Aqua Fitness (3) Lap (2) Adult Open (1)	2:00-4:00 Adult Lap (2) Lap (2) Open (2)	8:30-9:15 Aqua Fitness (3) Lap (2) Adult Open (1)	5:30-6:40 Lessons (1) Adult Lap (1) Crocs (4)	1:15p-5:00 Adult Lap (2) Crocs (4)	3:00-5:00 Lap (4) Adult Open (2) Closed
7:10-8:30 Crocs (5) Adult Lap (1)	9:15-2:00 Adult Open (2) Lap (4)	4:00-5:30 Crocs (4) Adult Lap (2)	9:15-2:00 Adult Open (2) Lap (4)	5:40-8:30 Crocs (4) Adult Lap (2)	5:00-7:30 Adult Open (2) Adult Lap (2) Lap (2) Closed	
8:30-9:30 Adult Lap (2) Adult Open (2) Lap (2)	2:00-3:25 Adult Lap (2) Lap (2) Open (2)	5:30-7:10 Crocs (3) Lessons (2) Adult Lap (1)	2:00-3:25 Adult Lap (2) Lap (2) Open (2)	8:30-9:30 Adult Lap (2) Lap (2) Adult Open (2) Closed		
Closed	3:25-5:30 Lessons (2) Crocs (3) Adult Lap (1)	7:10-9:00 Crocs (5) Adult Lap (1)	3:25-5:30 Lessons (2) Crocs (3) Adult Lap (1)			
	5:30-7:00 Crocs (5) Adult Lap (1)	9:00-9:30 Lap (4) Adult Open (2) Closed	5:30-7:30 Crocs (5) Adult Lap (1)			
	7:00-9:30 Adult Lessons (2) Adult Lap (1) Crocs (3) Closed		7:30-9:30 Adult Lessons (2) Adult Lap (1) Crocs (3) Closed			

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 or linen is not an appropriate material 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.
- The Malden Crocs will be hosting their 4th Annual Lap-A-Thon on Thursday November 16th. The Lap Pool will be closed for this event! If you would like to donate to our Lap-A-Thon, please stop by the Aquatics Office to learn how!
- The Lap and Therapy Pool will be closed on Saturday Nov. 18th from 1pm-7:30pm for our first home swim meet. Come down and cheer on the Crocs!

Malden YMCA

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