



# Lap Pool Schedule April 24<sup>th</sup>-May 28<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:30 Adult Open (2) Lap (4)	5:30-6:00 Lap (4) Adult Open (2)	5:30-6:00 Lap (4) Adult Open (2)	5:30-6:00 Lap (4) Adult Open (2)	5:30-2:30 Adult Open (2) Lap (4)	7:30a-9:00a Adult Lap (2) Adult Open (2) Lap (2)	8:00a-9:00a Adult Lap (2) Adult Open (2) Lap (2)
8:30-9:15 Aqua Fitness (3) Adult Open (1) Lap (2)	6:00-6:45 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	6:00-6:45 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	6:00-6:45 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	2:30-4:00 Adult Lap (2) Lap (2) Adult Open (2)	9:00a-1:15 Adult Lap (1) Lessons (5)	9:00-1:30 Adult Lap (2) Lessons (4)
9:15-2:30 Adult Open (2) Lap (4)	6:45-8:30 Lap (4) Adult Open (2)	6:45-8:30 Lap (4) Adult Open (2)	6:45-8:30 Lap (4) Adult Open (2)	4:00-5:00 Crocs (4) Adult Lap(2)	1:15p-4:15p Adult Lap (2) Lap (2) Adult Open (2)	1:30p-3:00p Adult Lap (2) Lap (2) Open Swim (2)
2:30-4:00 Adult Lap (2) Lap (2) Adult Open (2)	8:30-9:15 Aqua Fitness (3) Lap (2) Adult Open (1)	8:30-9:15 Aqua Fitness (3) Lap (2) Adult Open (1)	8:30-9:15 Aqua Fitness (3) Lap (2) Adult Open (1)	5:00-5:50 Lessons (2) Adult Lap (1) Crocs (3)	4:15p-7:30 Adult Open (2) Adult Lap (2) Lap (2) <b>Closed</b>	3:00-5:00 Lap (4) Adult Open (2) <b>Closed</b>
4:00-7:30 Lessons (2) Crocs (3) Adult Lap (1)	9:15-2:00 Adult Open (2) Lap (4)	9:15-2:30 Adult Open (2) Lap (4)	9:15-2:00 Adult Open (2) Lap (4)	5:50-7:00 Lessons (1) Adult Lap (1) Crocs (4)	<b>Closed</b>	
7:30-8:30 Crocs (4) Adult Lap (2)	2:00-3:40 Adult Lap (2) Lap (2) Open (2)	2:30-4:00 Adult Lap (2) Lap (2) Adult Open (2)	2:00-3:40 Adult Lap (2) Lap (2) Open (2)	7:00-9:30 Adult Lap (2) Lap (2) Adult Open (2)		
8:30-9:30 Lap (2) Adult Lap (2) Adult Open (2) <b>Closed</b>	3:45-5:30 Lessons (2) Crocs (3) Adult Lap (1)	4:00-5:00 Lessons (1) Crocs (4) Adult Lap (1)	3:45-5:30 Lessons (2) Adult Lap (1) Crocs (3)	<b>Closed</b>		
	5:30-6:10 Crocs (4) Adult Lap (1) Lessons (1)	5:00-6:40 Crocs (3) Lessons (2) Adult Lap (1)	5:30-7:30 Crocs (5) Adult Lap (1)			
	6:10-6:45 Crocs (5) Adult Lap (1)	6:40-8:30 Crocs (4) Adult Lap (2)	7:30-8:30 Adult Lessons (2) Crocs (3) Adult Lap (1)			
	6:45-8:30 Adult Lessons (2) Adult Lap (1) Crocs (3)	8:30-9:30 Lap (4) Adult Open (2) <b>Closed</b>	8:30-9:30 Lap (4) Adult Lessons (2) <b>Closed</b>			
	8:30-9:30 Adult Lessons (2) Lap (4) <b>Closed</b>					

## POOL ETIQUETTE

- 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. We reserve the right to hold private lessons and lifeguard drills during ANY time.

### Malden YMCA

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