



Lap Pool Schedule August 6th– August 26th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30–7:00 Adult Open (2) Lap (4)	5:30–6:30 Adult Lap (2) Lap (2) Aqua Fitness (2)	5:30–6:30 Adult Open (2) Lap (2) Aqua Fitness (2)	5:30–6:30 Adult Lap (2) Lap (2) Aqua Fitness (2)	5:30–7:00 Adult Open (2) Lap (4)	7:00–9:00 Lap (2) Adult Open (2) Adult Lap (2)	7:00–9:00 Lap (4) Adult Open (2)
7:00–8:30 Crocs (3) Adult Lap (3)	6:30–7:00 Adult Open (2) Lap (4)	6:30–8:30 Crocs (3) Adult Lap (3)	6:30–7:00 Adult Open (2) Lap (4)	7:00–8:30 Crocs (3) Adult Lap (2) Lap (1)	9:00–1:15 Lessons (4) Adult Lap (2)	9:00–1:15 Lessons (4) Adult Lap (2)
8:30–9:20 Lap (2) Adult Lap (2) Adult Open (2)	7:00–8:30 Crocs (3) Adult Lap (2) Lap (1)	8:30–9:20 Lap (2) Adult Lap (2) Adult Open (2)	7:00–8:30 Crocs (3) Adult Lap (2) Lap (1)	9:20–12:30 Y Camp Swim (2) Lessons (2) Adult Lap (2)	1:15–4:00 Open Swim (2) Adult Lap (2) Lap (2)	1:15–3:30 Open Swim (2) Adult Lap (2) Lap (2)
9:20–12:30 Y Camp Swim (2) Lessons (2) Adult Lap (2)	8:30–9:15 Adult Lap (3) Aqua Fitness (3)	9:20–12:30 Y Camp Swim (2) Lessons (2) Adult Lap (2)	8:30–9:15 Adult Lap (3) Aqua Fitness (3)	12:30–3:30 Y Camp Swim (3) Adult Lap (2) Lap (1)	4:00–7:30 Adult Lap (2) Lap (2) Adult (2) CLOSED	3:30–5:00 Lap (4) Adult Open (2) CLOSED
12:30–3:30 Y Camp Swim (3) Adult Lap (2) Lap (1)	9:20–12:30 Y Camp Swim (2) Lessons (2) Adult Lap (2)	12:30–3:30 Y Camp Swim (3) Adult Lap (2) Lap (1)	9:20–12:30 Y Camp Swim (2) Lessons (2) Adult Lap (2)	3:30–5:30 Open (2) Adult Lap (2) Lap (2)	CLOSED	
3:30–5:30 Open (2) Adult Lap (2) Lap (2)	12:30–3:30 Y Camp Swim (3) Adult Lap (2) Lap (1)	3:30–5:30 Open (2) Adult Lap (2) Lap (2)	12:30–3:30 Y Camp Swim (3) Adult Lap (2) Lap (1)	5:30–8:00 Lap (2) Lessons (2) Adult Lap (2)		
5:30–8:00 Lap (2) Lessons (2) Adult Lap (2)	3:30–5:30 Lessons (2) Lap (2) Adult Lap (2)	5:30–8:00 Lap (2) Lessons (2) Adult Lap (2)	3:30–5:30 Lessons (2) Lap (2) Adult Lap (2)	8:00–9:30 Adult Lap (2) Lap (2) Adult Open (2) CLOSED		
8:00–9:30 Adult Lap (2) Lap (2) Adult Open (2) CLOSED	5:30–7:00 Lap (2) Adult Lap (2) Adult Open (2)	8:00–9:30 Adult Lap (2) Lap (2) Adult Open (2)	5:30–7:00 Adult Open (2) Lap (2) Adult Lap (2)			
	7:00–9:30 Lessons (2) Lap (2) Adult Lap (2) CLOSED	CLOSED	7:00–9:30 Lessons (2) Lap (2) Adult Lap (2) CLOSED			

The Malden Y will be draining and doing maintenance on Lap Pool starting on August 27th. The Lap Pool is scheduled to be shut down from Aug. 27th until Sept. 9th. During that time, you can use your Malden Y membership at any Y! We are aware of the pool at the Lynn Y and Peabody-Lynnfield Y being open during that time. You will need to check their pool schedule for lane availabilities.

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 is an Adult Lap lane available in the Lap Pool throughout the day.