



AQUATICS SCHEDULE THERAPY POOL April 24th– May 28th

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	7:30-8:00 Adult Open Swim	8:00-9:15 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
9:15-10:45 Swim Lessons	9:15-10:45 Swim Lessons	9:15-10:45 Swim Lessons	9:15-10:45 Swim Lessons	9:15-10:45 Swim Lessons	12:50-2:00 Adult Open Swim	12:45-2:30 Adult Open Swim
11:00-1:00 Open Swim	11:00-1:00 Open Swim	11:00-1:00 Open Swim	11:00-1:00 Open Swim	11:00-1:00 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	2:45-3:25 Open Swim	2:45-3:25 Open Swim	2:45-3:30 Open Swim	2:45-3:25 Open Swim	5:00-7:00 Adult Open Swim	4:30-5:00 Adult Open Swim
3:30-5:45 Swim Lessons	3:30-6:50 Swim Lessons	3:30-6:30 Swim Lessons	3:30-4:45 Adult Open Swim	3:30-5:00 Swim Lessons	Closed	Closed
6:00-6:55 Open Swim	7:00-7:45 Aqua Fitness	6:30-7:00 Adult Open	4:45-5:30 EMARC (Private Rental)	5:15-6:00 Adult Open Swim	<div style="border: 2px dashed black; border-radius: 15px; padding: 10px;"> <h3 style="text-align: center; margin: 0;">Whirlpool Hours</h3> <p style="margin: 5px 0;">Monday–Friday 5:30am–9:30pm*</p> <p style="margin: 5px 0;">Saturday 7:30am–7:30pm</p> <p style="margin: 5px 0;">Sunday 8:00am–5:00pm</p> <p style="margin: 5px 0;">* Closed every Wednesday from 10:00am – 2:00pm for cleaning.</p> </div>	
7:00-7:45 Aqua Fitness	7:45-9:00 Adult Open Swim Closed	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 Closed		7:45-9:00 Adult Open Swim Closed	7:00-7:45 Aqua Fitness	7:15-9:00 Adult Open Swim Closed		
			7:45-9:00 Adult Open Swim Closed			

Please refer to Lap Pool Schedule for proper pool attire and etiquette.

- 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 lightening.

Malden YMCA
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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.
- Infants, toddlers and children not fully potty trained are required to wear a swim diaper with their bathing suit.
- 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.