



# Lap Pool Schedule August 16th–August 25th

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
|--|---|--|---|---|---|---|
| 5:30–8:30<br>Lap (4)<br>Adult Open (2)                   | 5:30–8:30<br>Lap (4)<br>Aqua Fitness (2)                      | 5:30–8:30<br>Aqua Fitness (2)<br>Adult Lap (3)<br>Adult Open (1) | 5:30–8:30<br>Aqua Fitness (2)<br>Adult Lap (4)                | 5:30–8:30<br>Lap (4)<br>Adult Open (2)                    | 7:00–9:00<br>Lap (4)<br>Adult Open (2)                        | 7:00–9:00<br>Adult Lap (2)<br>Adult Open (2)            |
| 8:30–11:00<br>Adult Lap (2)<br>Lap (2)<br>Adult Open (2) | 8:30–9:15<br>Aqua Fitness (3)<br>Adult Lap (3)                | 8:30–9:20<br>Adult Lap (2)<br>Lap (2)<br>Adult Open (2)          | 8:30–9:15<br>Aqua Fitness (3)<br>Adult Lap (3)                | 8:30–11:00<br>Adult Lap (4)<br>Adult Open (2)             | 9:00–1:10<br>Adult Lap (2)<br>Lessons (4)                     | 9:00–1:30<br>Adult Lap (2)<br>Lessons (4)               |
| 11:00–3:00<br>Adult Lap (4)<br>Y Camp Swim (2)           | 9:20–12:30<br>Lessons (2)<br>Y Camp Swim (2)<br>Adult Lap (2) | 9:20–12:30<br>Y Camp Swim (2)<br>Lessons (2)<br>Adult Lap (2)    | 9:20–12:30<br>Y Camp Swim (2)<br>Lessons (2)<br>Adult Lap (2) | 11:00–3:00<br>Y Swim Camp (2)<br>Adult Lap (2)<br>Lap (2) | 1:10–5:00<br>Lifeguard (2)<br>Adult Lap (2)<br>Adult Open (2) | 1:30–3:00<br>Lifeguard (2)<br>Adult Lap (2)<br>Open (2) |
| 3:00–3:30<br>Adult Lap (4)<br>Adult Open (2)             | 12:30–3:25<br>Adult Open (2)<br>Lap (2)<br>Adult Lap (2)      | 12:30–3:00<br>Y Camp Swim (2)<br>Adult Lap (4)                   | 12:30–3:25<br>Y Camp Swim (2)<br>Adult Lap (4)                | 3:00–4:00<br>Open (2)<br>Adult Lap (4)                    | 5:00–6:00<br>Open (2)<br>Adult Lap (2)<br>Lifeguard (2)       | 3:00–5:00<br>Lifeguard (2)<br>Lap (2)<br>Adult Open (2) |
| 3:30–5:30<br>Crocs (4)<br>Adult Lap (2)                  | 3:30–4:00<br>Lessons (2)<br>Adult Lap (2)<br>Lap (2)          | 3:00–5:30<br>Crocs (3)<br>Adult Lap (1)<br>Lessons (2)           | 3:25–5:30<br>Lessons (2)<br>Adult Lap (2)<br>Lap (2)          | 4:00–5:30<br>Adult Lap (4)<br>Adult Open (2)              | 6:30–7:30<br>Lifeguard (2)<br>Adult Lap (2)<br>Adult Open (2) | <b>CLOSED</b>   |
| 5:30–7:10<br>Adult Lap (4)<br>Lessons (2)                | 4:00–5:30<br>Adult Lap (4)<br>Lessons (2)                     | 5:30–7:10<br>Lessons (2)<br>Adult Lap (4)                        | 5:30–6:40<br>Adult Open (2)<br>Adult Lap (2)<br>Lap (2)       | 5:30–7:00<br>Lessons (2)<br>Adult Lap (4)                 |   |   |
| 7:10–8:30<br>Adult Lap (4)<br>Adult Open (2)             | 5:30–7:00<br>Crocs (3)<br>Adult Lap (3)                       | 7:15–9:30<br>Adult Lap (2)<br>Lap (2)<br>Adult Open (2)          | 6:45–9:30<br>Adult Lessons (2)<br>Adult Lap (4)               | 7:10–9:30<br>Adult Lap (2)<br>Lap (2)<br>Adult Open (2)   | <b>CLOSED</b>   |   |
| 8:35–9:30<br>Adult Lap (2)<br>Lap (2)<br>Adult Open (2)  | 7:00–9:30<br>Adult Lessons (2)<br>Adult Lap (4)               | <b>CLOSED</b>  | <b>CLOSED</b>   | <b>CLOSED</b>   |   |   |
| <b>CLOSED</b>  | <b>CLOSED</b>   |  |   |   |   |   |

## 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 will always be an Adult Lap lane available in the Lap Pool throughout the day.