



Lap Pool Schedule December 24th—January 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Christmas Eve 5:30-10:00 Adult Open (2) Lap (4)	Christmas Day the YMCA is closed.	5:30-5:45 Lap (4) Adult Open (2)	5:30-6:30 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	5:30-6:30 Lap (4) Adult Open (2)	7:00-7:30 Lap (4) Adult Open (2)	7:00-9:00 Adult Lap (2) Adult Open (2) Lap (2)
10:00-1:30 Adult Lap (2) Lap (2) Open (2)	New Year's Day 9:00-10:30 Adult Open (2) Lap (4)	5:45-6:30 Aqua Fitness (2) Adult Lap (3) Adult Open (1)	6:30- 9:00 Adult Open (2) Lap (4)	6:30- 9:00 Adult Open (2) Lap (4)	7:30-9:00 Adult Lap (2) Adult Open (1) Crocs (3)	9:00-1:30 Adult Lap (2) Lifeguarding (2) Lap (2)
New Year's Eve 5:30-11:00 Adult Open (2) Lap (4)	10:30-1:30 Adult Lap (2) Lap (2) Open (2)	6:30- 11:00 Adult Open (2) Lap (4)	9:00-11:00 Lifeguarding (2) Adult Lap (2) Adult Open (2)	9:00-11:00 Lifeguarding (2) Adult Lap (2) Adult Open (2)	9:00-11:00 Adult Lap (1) Crocs (3) Lifeguarding (2)	1:30-5:00 Adult Lap (2) Lifeguarding (2) Open (2)
11:00-12:30 Adult Lap (2) Lap (2) SACC (2)	1:30-3:30 Adult Open (2) Lap (4)	11:00-12:30 SACC (2) Adult Lap (2) Lap (2)	11:00-12:30 SACC (2) Adult Lap (2) Lifeguarding (2)	11:00-12:30 SACC (2) Adult Lap (2) Lifeguarding (2)	11:00-5:00 Lifeguarding (2) Adult Lap (2) Lap (2)	CLOSED
12:30-3:30 Adult Open (2) Lap (2)	3:30-5:30 Adult Lap (2) Lap (2) Open (2)	12:30-2:00 Adult Lap (2) Lap (2) Adult Open (2)	12:30-2:00 Adult Lap (2) Lap (2) Lifeguarding (2)	12:30-2:00 Adult Lap (2) Lap (2) Lifeguarding (2)	5:00-6:30 Open (2) Adult Lap (2) Lap (2)	
3:30-5:30 Adult Lap (2) Lap (2) Open (2)	Closed	2:00-4:00 Adult Lap (2) Lap (2) Open (2)	2:00-4:00 Adult Lap (2) Lifeguarding (2) Open (2)	2:00-4:00 Adult Lap (2) Lifeguarding (2) Open (2)	6:30-7:30 Adult Lap (2) Lap (2) Adult Open (2)	
Closed		4:00-5:30 Crocs (4) Adult Lap (2)	4:00-5:30 Crocs (4) Adult Lap (2)	4:00-6:00 Crocs (4) Adult Lap (2)		
		5:30-8:00 Crocs (4) Adult Lap (2)	5:30-8:00 Crocs (4) Adult Lap (2)	6:00-8:00 Crocs (5) Adult Lap (1)	CLOSED	
		8:00-9:30 Adult Open (2) Lap (2) Adult Lap (2) CLOSED	8:00-9:30 Adult Open (2) Lap (2) Adult Lap (2) CLOSED	8:00-9:30 Adult Open (2) Lap (2) Adult Lap (2) CLOSED		

The Malden Crocs will be hosting a home invitational on January 19th and 20th. The Lap Pool and Therapy will be closed to members beginning at 1pm on Saturday, Jan. 19th and Sunday, Jan. 20th

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.