

eliminating racism
empowering women



Minneapolis

midtown lap pool schedule

June 18th - July 30th, 2018

LANES: Lane 1: by west wall Lane 6: by stairs/ramp

Monday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim					
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	Lessons		*Lap		Open	
11:00a	Adult Lap		High Intensity Water Run			
11:45a	*Lap					Open
1:00p	Minnehaha Lessons			Adult Lap	Adult Swim	
2:00p	MA Lessons		*Adult Lap		Open	
3:00p	Eureka! Lessons		Adult Lap		Open	
4:00p	Otters	*Adult Lap			Open	
5:00p	Otters		Adult Lap		Open	
6:30p	*Adult Lap		HydroTone			
7:30p	*Lap					Open (rope)
8:45p	*ADULT swim until 10:45p					

Tuesday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim					
9:30a	Lessons		*Lap		Open	
10:10a	*Adult Lap					Open
1:00p	Minnehaha Lessons			Adult Lap	Adult Swim	
2:00p	MA Lessons		*Adult Lap		Open	
3:00p	*Adult Lap					Open
4:15p	SFF Lessons		Adult Lap		Open	
5:00p	Otters/Lessons		Adult Lap		Open	
7:00p	*Lap					Open (rope)
8:45p	*ADULT swim until 10:45p					

Wednesday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim					
9:30a	Lessons		Adult Lap		Open	
10:15a	*Lap					Open
1:00p	Minnehaha Lessons				Adult Lap	Adult Swim
2:00p	Lessons		*Adult Lap		Open	
3:00p	Eureka! Lessons		Adult Lap		Open	
4:00p	Otters/SFF Lessons		Adult Lap		Open	
5:00p	Otters		Adult Lap		Open	
6:30p	*Adult Lap		Aqua Intervals			
7:30p	*Lap					Open (rope)
8:45p	*ADULT swim until 10:45p					

Thursday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim					
9:30a	Lessons		*Lap		Open	
10:10a	*Adult Lap					Open
1:00p	Minnehaha Lessons				Adult Lap	Adult Swim
2:00p	MA Lessons		*Adult Lap		Open	
3:00p	*Adult Lap					Open
4:15p	SFF Lessons		Adult Lap		Open	
5:00p	Otters/Lessons		Adult Lap		Open	
6:30p	Lessons		*Adult Lap		Open	
7:00p	*Lap					Open (rope)
8:45p	*ADULT swim until 10:45p					

Continued on back side

NOTE: NO Lifeguard from 5:30a - 8:30a

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Friday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim					
6:30a	Adult Lap		Aqua Blast			
7:30a	Adult Swim					
8:30a	Lap		Shallow Cardio 'n Core			
9:30a	*Lap					Open
4:00p	*Adult Lap				Open	
6:00p	*Lap			Open (rope)		
8:45p	*ADULT swim until 10:45p					

Saturday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	*Adult Swim					
8:20a	Lessons	Adult Lap				Open
9:45a	Adult Lap					Open
11:00a	Lessons	Adult Lap				Open
11:45a	*Lap					Open
5:00p	*Lap			Open (rope)		
7:45p	*ADULT swim until 8:45p					

Sunday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	*Adult Swim					
7:45a	Adult Lap		Aqua Blast			
8:45a	*Adult Swim					
10:00a	*Lap					Open
2:00p	*Lap			Open (rope)		
7:45p	*ADULT swim until 8:45p					

Activity	Description
ADULT Lap	Lap swim Age 15+
ADULT Swim	Recreation/Fitness Swim Age 15+
Lap*	Lap swim. *lane may be used for private lessons
Aqua Fitness	Open to all members 13+
Open	Fitness/Recreational Swim
Program	Registration required
NOTE: No Lifeguard on duty during bold white time	

leisure pool	
Monday	Open 11:15a - 1:00p and 3:00p - 8:45p
Tuesday	Open 11:15a - 1:00p and 3:00p - 8:45p Shallow only 5:00p - 6:05p
Wednesday	Open 11:15a - 1:00p and 3:00p - 8:45p
Thursday	Open 11:15a - 1:00p and 3:00p - 8:45p Shallow only 5:00p - 6:45p
Friday	Open 11:30a - 1:00p and 4:00p - 8:45p
Saturday	Open 11:30a - 7:45p (Shallow 11:00a - 11:30a)
Sunday	Open 10:00a - 7:45p