

Midtown Pool Schedule

January 5 - February 21, 2019

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

NOTE: NO Lifeguard at bold white times

Monday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim					
8:00a	*Lap					Open
11:00a	*Lap			High Intensity Water Run		
11:45a	*Lap					Open
2:30p	Otters			Adult Lap	Adult Swim	
6:30p	Otters	Adult Lap	HydroTone			
7:30p	Otters	Adult Lap			Open	
8:00p	*Lap					Open
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					
6:00a	Masters/Otters			Adult Lap		
7:30a	*Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	*Lap					Open
2:30p	Otters		Adult Lap			Open
4:00p	Lessons	Otters			Adult Lap	Adult Swim
5:00p	Otters			Adult Lap	Adult Swim	
6:15p	Lessons/Otters			Adult Lap	Adult Swim	
7:45p	Otters (til 8:15p)		*Lap		Open	
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					
6:30a	Adult Lap			High Intensity Water Run		
7:15a	*Adult Swim					
8:00a	*Lap					Open
2:30p	Otters				Adult Lap	Adult Swim
6:30p	Otters	Adult Lap	Aqua Intervals			
7:30p	Otters	Adult Lap			Open	
8:00p	*Lap					Open
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					
6:00a	Masters/Otters			Adult Lap		
7:30a	*Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	*Lap					Open
2:30p	Otters		Adult Lap			Open
4:00p	Lessons	Otters			Adult Lap	Adult Swim
5:00p	Otters			Adult Lap	Adult Swim	
6:15p	Lessons/Otters			Adult Lap	Adult Swim	
7:45p	Otters (til 8:15p)		*Lap		Open	
8:45p	*ADULT swim until 10:45p					

Continued on back side

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eliminating racism
empowering women



Minneapolis

Friday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim					
6:30a	Adult Lap		Aqua Blast			
8:00a	*Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	*Lap					Open
2:30p	Otters		Adult Lap		Open	
6:15p	*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	
9:05a	Lessons		Adult Lap			Open
9:45a	Adult Lap					Open
11:00a	Lessons		Adult Lap		Open	
12:15p	*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 Lap					Open
2:00p	*Lap		Open (rope)			
6:00p	Lessons		Adult Lap		Open	
6:35p	Lessons		Adult Lap		Open	
7:45p	*ADULT swim until 8:45p					

Activity	Description
ADULT Lap	Lap swim Age 18+
ADULT Swim	Recreation/Fitness Swim Age 18+
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

Slide rotation: Monday/Wednesday/ Friday 5-8pm;
Tuesday/Thursday 7-8pm;
Saturday 12-7pm; Sunday 11-5pm and 6:45-7:30pm
NOTE: available on 15 minute rotations
(fountains, slide, rope, 15off) AS able with staffing

leisure pool	
Monday and Wednesday	
Open 10:00a - 12:00p and 4:00p - 8:45p Limited space Monday 4:30p - 6:30p	
Tuesday and Thursday	
Open 11:15a - 1:00p and 4:00p - 8:45p Limited space 4:25p - 6:45p	
Friday	
Open 10:00a - 1:00p and 4:00p - 8:45p	
Saturday	
Open 11:30a - 7:45p Limited space 11:00a-11:30a	
Sunday	
Open 10:00a - 7:45p Limited space 5:25p - 6:30p	