

eliminating racism
empowering women



Minneapolis

midtown lap pool schedule

August 1 - August 19th, 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					
8:00a	Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	Lessons	Adult Lap			Open	
10:15a	*Lap					Open
11:00a	Adult Lap			High Intensity Water Run		
11:45a	*Lap					Open
1:00p	Minnehaha Lessons			Adult Lap	Adult Swim	
3:00p	*Lap					Open
6:30p	*Adult Lap			HydroTone		
7:30p	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					
8:00a	Adult Lap					Open
9:30a	Lessons	Adult Lap			Open	
10:15a	Lap					Open
1:00p	Minnehaha Lessons			Adult Lap	Adult Swim	
3:00p	Lap					Open
5:30p	Lessons	*Adult Lap			Open	
6:15p	Lessons	Adult Lap			Open	
7:00p	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	Adult Lap					Open
9:30a	Lessons	Adult Lap			Open	
10:15a	*Lap					Open
1:00p	Minnehaha Lessons			Adult Lap	Adult Swim	
3:00p	*Lap					Open
6:30p	*Adult Lap			Aqua Intervals		
7:30p	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					
8:00a	Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	Lessons	Adult Lap			Open	
10:15a	Lap					Open
1:00p	Minnehaha Lessons			Adult Lap	Adult Swim	
3:00p	Lap					Open
5:30p	Lessons	*Adult Lap			Open	
7:00p	Lap				Open	
8:45p	*ADULT swim until 10:45p					

NOTE: NO Lifeguard at bold white times

Continued on back side

NOTICE: Annual Pool Shutdown: August 20 - September 3, 2018

Pool Area will be closed for deep cleaning and repairs. Please use our Downtown or Uptown facilities during this time.

midtown pool schedule

August 1 - August 19th, 2018

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					
8:00a	Adult Lap					Open
8:30a	Adult 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	

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

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 11:15-11:50a and 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 11:15-11:50a and 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