

eliminating racism
empowering women



Minneapolis

| Monday | | | | | |
|--------|------------------|------|------|----------------|------|
| Time | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 |
| 5:30a | *Lap | | | | Open |
| 4:30p | Otters | | Lap | | Open |
| 6:00p | Lap | | | Shallow Cardio | |
| 7:00p | *Lap until 8:45p | | | | Open |

| Tuesday | | | | | |
|---------|------------------|------|------|-----------------|------|
| Time | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 |
| 5:30a | *Lap | | | | Open |
| 6:30a | Masters | | | Lap | Open |
| 7:30a | *Lap | | | | Open |
| 9:30a | Lap | | | Silver Sneakers | |
| 4:30p | Otters | | | | Open |
| 6:00p | Masters | | | Lap | Open |
| 7:00p | *Lap until 8:45p | | | | Open |

| Wednesday | | | | | |
|-----------|------------------|------|------|-----------------|------|
| Time | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 |
| 5:30a | *Lap | | | | Open |
| 9:00a | Lessons | Lap | | Silver Sneakers | |
| 10:00a | Lessons | Lap | | | Open |
| 11:30a | *Lap | | | | Open |
| 4:30p | Otters | | | | |
| 5:30p | Otters | | Lap | Aqua Blast | |
| 6:00p | Lap | | | Aqua Blast | |
| 6:30p | *Lap until 8:45p | | | | Open |

| Thursday | | | | | |
|----------|------------------|------|------|-----------------|------|
| Time | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 |
| 5:30a | *Lap | | | | Open |
| 6:30a | Masters | | | Lap | Open |
| 7:30a | *Lap | | | | Open |
| 9:30a | Lap | | | Silver Sneakers | |
| 4:30p | Otters | | Lap | | Open |
| 6:00p | Masters | | | Lap | Open |
| 7:00p | *Lap until 8:45p | | | | Open |

Downtown Pool Schedule

Updated September 10, 2018

| LANES: Lane 1: by west wall Lane 5: by stairs/ramp | |
|--|--|
| Activity | Description |
| Lap* | Lap Swimming - *lanes may be used for private lessons |
| Open | Leisure & Recreational Swim |
| Aqua Fitness Class | Open to all members 13+ *music is added to these class formats. |
| Program | Registration required |
| NOTE: NO Lifeguard on Duty | |

| Friday | | | | | |
|--------|------------------|------|------|------|------|
| Time | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 |
| 5:30a | *Lap until 8:45p | | | | Open |

| Saturday | | | | | |
|----------|------------------|------|------|-------------------|------|
| Time | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 |
| 7:30a | *Lap | | | | Open |
| 9:00a | Lap | | | Aqua Fit and Tone | |
| 10:00a | *Lap until 4:45p | | | | Open |

| Sunday | | | | | |
|--------|------------------|------|------|-----------|------|
| Time | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 |
| 9:00a | *Lap | | | | Open |
| 10:00a | Lap | | | Combo H2O | |
| 11:00a | *Lap until 3:45p | | | | Open |

Special Events:
Total Immersion Clinics and Lifeguarding classes occasionally occur.