

eliminating racism
empowering women



Minneapolis

Uptown Pool Schedule

August 1- September 4, 2017

Monday							
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7
5:30a	*Lap						Open
6:00a	Masters					Lap	
7:00a	*Lap						Open
9:00a	*Lap						Lessons
10:00a	*Lap						Combo/ Lessons
11:00a	*Lap						Open
6:30p	*Lap						Fit and Tone
7:30p	*Lap						Open
8:30p	*Lap Swim until 10:45 pm						Open

Tuesday							
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7
5:30a	*Lap						Open
6:00a	Masters					Lap	
7:00a	Lap			Interval			
8:00a	Lap						Open
9:30a	Masters					Lap	
10:30a	*Lap						Open
5:00p	*Lap						Lessons
7:00p	*Lap Swim until 10:45 pm						Open

Wednesday							
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7
5:30a	*Lap						Open
6:00a	Masters					Lap	
7:00a	*Lap						Open
11:00a	*Lap				*Shallow		
12:00p	*Lap						Open
7:30p	Masters					Lap	Open
8:30p	*Lap Swim until 10:45 pm						Open

LANES: Lane 1: by West Wall Lane 7: 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

The Uptown Pool will be closed for its annual shutdown cleaning and update from August 14-20. Please consider trying out our pools at the Midtown and Downtown YWCAs at this time.

Thursday							
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7
5:30a	*Lap						Open
6:00a	Masters					Lap	
7:00a	*Lap						Open
9:30a	Masters					Lap	
10:45a	*Lap				* Aqua Zumba		
11:45a	*Lap						Open
8:00p	Tri Swim					Lap	Open
9:00p	*Lap Swim until 10:45 pm						Open

Friday							
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7
5:30a	*Lap						Open
6:00a	Masters					Lap	
7:00a	*Lap						Open
9:00a	*Lap				Combo		
10:00a	Masters					Lap	
11:00a	*Lap						Open
6:45p	*Lap Swim until 10:45 pm						Open

Saturday							
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7
7:30a	*Lap						Open
9:00a	*Lap				Combo		
10:00a	*Lap						Lessons
12:30p	*Lap Swim until 8:45 pm						Open

Inclement weather may move Masters to 8-9am at Uptown

Sunday							
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6	Ln 7
7:30a	*Lap						Open
9:30a	*Lap				*Zumba		
10:30a	*Lap						Open
4:00p	Lessons		*Lap				
6:15p	*Lap Swim until 8:45 pm						Open

Otters will hold day camps throughout the summer from 8am-4pm, and rookie camps from 2:30-4pm. These camps will avoid high-demand times and alternate pool and classroom time.

*Private lessons may reserve time in one lane during any lap swim marked with an asterisk