

eliminating racism
empowering women



Minneapolis

Uptown Pool Schedule

September 4 - October 27, 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
11:00a	*Lap						Open
2:30p	Otters						Open
3:45p	Otters				*Lap		Open
5:00p	Otters					Lap	
6:30p	Otters				Lap	Fit and Tone	
7:30p	Masters					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		
7:30a	H2O Run			Interval			
8:00a	H2O Run						Open
8:30a	*Lap						Open
9:30a	Masters					Lap	
10:30a	*Lap						Interval
2:30p	Otters						Open
3:45p	Otters				*Lap		Open
5:00p	Otters					Lap	Open
8:15p	*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
2:30p	Otters					Lap	Open
3:45p	Otters				*Lap		Open
5:00p	Otters					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

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

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
2:30p	Otters						Open
3:45p	Otters				*Lap		Open
5:00p	Otters					Lap	Open
8:15p	*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				* Interval		
12:00p	*Lap						Open
2:30p	Otters						Open
3:45p	Otters				*Lap		Open
5:00p	Otters					Lap	Open
6:30p	*Lap						Open
8:00p	*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
8:00a	Masters						
9:00a	*Lap				Combo		
10:00a	*Lap						Lessons
12:00p	Otters			Lessons			
1:00p	Otters						Open
2:00p	*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
12:00p	Lessons		*Lap			Lessons	
3:00p	Lessons		Otters			*Lap	
3:20p	Otters					*Lap	Open
6:00p	*Lap Swim until 8:45 pm						Open

Otters will hold day camps on 10/18, 10/19, 10/20. These camps will avoid high-demand times and alternate pool and classroom time. Signs will be posted around the building closer to the camps.