

midtown lap pool schedule

April 23 - June 16, 2024

Note: No Lifeguard during bold time
If no lifeguard available, block will be Adult Only (18+)

Activity	Description
Adult Swim	Age 18+ Adult lap or fitness swim No open or rec swim
LAP Swim	Lap swimming. No open or rec swimming.
Rec. Swim	Open swim. (18+ only if no lifeguard available on lap pool).
Water Fitness	Reservation required. Open to age 15+
Program	Registration required for participants

Monday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim 18+					
10:25a	Adult Swim 18+		Water Fitness (10:30 - 11:15a)			
11:20a	Adult Swim 18+					
4:00p	Lap Swim			Rec. Swim		
5:00p	Lap Swim		Rec. Swim			
6:55p	Lap Swim		Water Fitness (7:00-7:45p)			
8:00p	Adult Swim 18+ Pool area closes at 8:45p					

Tuesday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim 18+					
6:25a	Adult Swim 18+		Water Fitness (6:30-7:15a)			
7:20a	Adult Swim 18+					
8:55a	Adult Swim 18+		Water Fitness (9:05 - 9:50a)			
9:55a	Adult Swim 18+					
4:00p	Lap Swim			Rec. Swim		
6:30p	Lessons (6:30-7:50p)		Lap		Rec. Swim	
8:00p	Adult Swim 18+ Pool area closes at 8:45p					

Wednesday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim 18+					
8:55a	Adult Swim 18+		Water Fitness (9:05 - 9:50a)			
9:55a	Adult Swim 18+					
4:00p	Lap Swim			Rec. Swim		
5:00p	Lap Swim		Rec. Swim			
8:00p	Adult Swim 18+ Pool area closes at 8:45p					

Lanes: Ln 1: by west wall - Ln 6: by stairs/ramp

Thursday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim 18+					
6:25a	Adult Swim 18+			Water Fitness (6:30-7:15a)		
7:20a	Adult Swim 18+					
8:55a	Adult Swim 18+			Water Fitness (9:05 - 9:50a)		
9:55a	Adult Swim 18+					
4:00p	Lap Swim			Rec. Swim		
6:25p	Lap Swim			Water Fitness (6:30-7:15p)		
7:20p	Lap Swim			Rec. Swim		
8:00p	Adult Swim 18+ Pool area closes at 8:45p					

Friday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	Adult Swim 18+					
4:00p	Lap Swim			Rec. Swim		
5:00p	Lap Swim			Rec. Swim		
8:00p	Adult Swim 18+ Pool area closes at 8:45p					

Saturday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	Adult Swim 18+					
10:15a	Lessons (10:15-12:25p)	Lap Swim			Rec. Swim	
11:25a	Lessons (11:25-12:25p)		Lap Swim		Rec. Swim	
12:10p	Lessons (10:15-12:25p)	Lap Swim			Rec. Swim	
12:30p	Lap Swim			Rec. Swim		
6:00p	Adult Swim 18+ Pool area closes at 6:45p					

Sunday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	Adult Swim 18+					
10:00a	Lap Swim					
10:25a	Lap Swim		Water Fitness (10:30-11:15a reservation)			
11:20a	Lap Swim			Rec. Swim		
5:00p	Lessons (5:10-6:45p)	Adult Swim 18+				
6:15p	Lessons (6:15-6:45p)			Adult Swim 18+		
6:45p	Pool area closes at 6:45p					

midtown leisure pool schedule

April 23 - June 16, 2024

leisure pool

Monday

Open Swim: 4:00p - 8:00p

Tuesday

Swim Lessons 5:15p-7:00p

Open Swim: 7:05p - 8:00p

Wednesday

ECE Swim Lessons 10:00a-11:15a

Open Swim: 4:00p - 8:00p

Thursday

Open Swim: 4:00p - 8:00p

Friday

Open Swim: 4:00p - 8:00p

Saturday

Swim Lessons 9:05a-11:20a

Open Swim: 11:25a - 6:00p

Sunday

Open Swim: 10:00a - 5:00p

Swim Lessons 5:05p-6:10p

Large Waterslide: is available on 15 minute rotations with other features when 3 guards are on duty: Tentatively: Monday, Wednesday & Thursday: 5:30p-7:45p, Friday 4:45p-7:45p, Saturday 12:00p-5:45p, Sunday 11:30a-4:15p

Water Spray Features: available on 15 minute rotations when open swim is scheduled for leisure pool *(may not be available when noise interferes with lap pool programming).*

Rope Swing: available on 15 minute rotations when 3 lanes of Rec. Swim are available. Tentatively: Monday 5:30-6:45p, Wednesday 5:30p-7:45p, Friday 5:00p-7:45p, Saturday 12:30p-5:45p, Sunday 11:30a-4:45p

Swim Age Policies:

0-8 years old:

CANNOT pass the Swim Test AND is under 48" tall:
Parent/guardian* MUST be in the WATER within arm's length of the child.

A youth 15 or older may substitute in the water as long as they are within arm's length of the child. Guardian must remain in pool area actively supervising.

CAN pass the swim test OR is 48" or taller:

Parent/guardian* MUST be in the POOL AREA, actively supervising the child.

9-11 years old:

Parent/guardian* MUST be in the BUILDING while the child is swimming. Check in with lifeguard before leaving pool area.

**A parent/guardian must be 21 or older.*

Slide Height Policy:

Must be 48 inches or taller OR pass the swim test.

Pool Dress Code

Be safe in the water and help keep the pool clean.

Wearing proper swim clothing:

- Protects swimmers clothing entrapment.
- Improves the water quality in the pool.
- Protects filters and pumps

Swim Clothing - Permitted

- Swim Trunks or swim suits
- Non-baggy, non-cotton - shirts (rash guard)
- Leggings -
- Dresses, skirts or wraps - to knee or shorter
- Head coverings – shoulder length or shorter
- Aqua/water shoes

Swim Clothing must be made out of these materials:

- Nylon, lycra, polyester, spandex (or blend of these)
- Silicone or latex (swim caps)

Clothing - NOT Permitted

- Shorts used in the gym or fitness area
- Loose clothing that drapes over arms and hands
- Dresses, skirts, or wraps longer than knee length
- Undergarments (underwear, boxers, etc.)
- Any fabric made out of cotton, denim, corduroy.
- Cotton or cotton blends.