

# Midtown Pool Schedule

February 22 - April 12, 2019

**LANES:** Lane 1: by west wall Lane 6: by stairs/ramp

**NOTE:** NO Lifeguard at bold white times

Monday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim					
8:00a	*Lap					Open
11:00a	*Lap		High Intensity Water Run			
11:45a	*Lap					Open
2:30p	Otters			Adult Lap	Adult Swim	
6:30p	Otters	Adult Lap	HydroTone			
7:30p	Otters	Adult Lap			Open	
8:00p	*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					
6:00a	Masters/Otters			Adult Lap		
7:30a	*Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	*Lap					Open
2:30p	Otters		Adult Lap			Open
4:00p	Lessons (4:15p) /Otters			Adult Lap	Adult Swim	
5:00p	Otters			Adult Lap	Adult Swim	
6:15p	Lessons/Otters			Adult Lap	Adult Swim	
7:45p	Otters (til 8:15p)		*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	*Lap					Open
2:30p	Otters			Adult Lap	Adult Swim	
6:30p	Otters		Adult Lap	Aqua Intervals		
7:30p	Otters		Adult Lap		Open	
8:00p	*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					
6:00a	Masters/Otters			Adult Lap		
7:30a	*Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	*Lap					Open
2:30p	Otters		Adult Lap			Open
4:00p	Lessons (4:15p)		Otters			Adult Lap
5:00p	Otters			Adult Lap	Adult Swim	
6:15p	Lessons/Otters			Adult Lap	Adult Swim	
7:15p	Lessons	Otters		Adult Lap		Open
7:45p	Otters (til 8:15p)		*Lap			Open
8:45p	*ADULT swim until 10:45p					

Continued on back side

# Midtown Pool Schedule

February 22 - April 12, 2019

eliminating racism  
empowering women

**ywca**

Minneapolis

Friday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
5:30a	*Adult Swim					
6:30a	Adult Lap		Aqua Blast			
8:00a	*Adult Lap					Open
8:30a	Adult Lap		Shallow Cardio 'n Core			
9:30a	*Lap					Open
2:30p	Otters		Adult Lap		Open	
6:15p	*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
9:00a	Lessons		Adult Lap			Open
10:30a	Adult Lap					Open
11:00a	Lessons		Adult Lap			Open
12:15p	*Lap					Open
1:00p	*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 Lap					Open
12:00p	*Lap		Open (rope)			
6:00p	Lessons		Adult Lap			Open
6:35p	Lessons		Adult Lap		Open	
7:25p	*Lap					Open
7:45p	*ADULT swim until 8:45p					

Activity	Description
<b>ADULT</b> Lap	Lap swim Age 18+
<b>ADULT</b> Swim	Recreation/Fitness Swim Age 18+
Lap*	Lap swim. *lane may be used for private lessons
Aqua Fitness	Open to all members 13+
Open	Fitness/Recreational Swim
<b>Program</b>	<b>Registration required</b>
NOTE: No Lifeguard on duty during bold white time	

## leisure pool

### Monday and Wednesday

Open 10:00a - **12:00p** and 4:00p - 8:45p

### Tuesday and Thursday

Open 11:15a - 1:00p and 4:00p - 8:45p  
Limited space 4:25p - 6:45p

### Friday

Open 10:00a - 1:00p and 4:00p - 8:45p

### Saturday

Open 11:30a - 7:45p  
Limited space 11:00a-11:30a

### Sunday

Open 10:00a - 7:45p  
Limited space 5:25p - 6:30p

**Slide rotation:** Monday/Wednesday/ Friday 5-8pm;  
Tuesday/Thursday 7-8pm;  
Saturday 12-7pm; Sunday 11-5pm and 6:45-7:30pm  
NOTE: available on 15 minute rotations  
(fountains, slide, rope, 15off) AS able with staffing

**NOTE:** Leisure pool will be open in the afternoon on  
Minneapolis School Release days as staffing allows.  
DATES: March 29 and April 1-5, 2019