

Midtown Pool Schedule

April 12 - June 9, 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					
9:00a	*Lap					Open
11:00a	*Lap		High Intensity Water Run			
11:45a	*Lap					Open
2:30p	Otters			Adult Lap	Adult Swim	
4:00p	*Adult Lap Swim					Open
5:00p	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					
9:00a	*Lap					Open
2:30p	Otters			Adult Lap	Adult Swim	
4:00p	*Adult Lap Swim					Open
5:00p	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	Adult Swim
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

April 12 - June 9, 2019

eliminating racism
empowering women



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					
10:00a	*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
ADULT Lap	Lap swim Age 18+
ADULT 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
Program	Registration required

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 5:45-8pm;
Tuesday/Thursday 6:45-7:45pm;
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: Holiday hours

Sunday 4/20/19, 10:00a - 6:45pm

Monday 5/27/19, 10:00a - 1:45pm