

midtown lap pool schedule

September 30 - October 24 , 2022

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

Note: No Lifeguard during bold time

If no lifeguard available, block will be Adult Only

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

Monday and Wednesday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
6:00a	*Adult Swim					
6:30a	Adult Swim		H ₂ O-Combo (Wednesday only)			
7:20a	*Adult Swim					
4:00p	Adult Swim					
4:30p	Otters (Novice/River 4:30-6:30, Sea 5:30-7)			Adult Swim		
6:30p	Otters (Sea 5:30-7)	Lap	Rec. Swim			
7:00p	*Lap Swim		Rec. Swim			
8:00p	Adult Swim		Pool area closes at 8:30p			

Saturday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	*Adult Swim					
9:00a	Swim Lessons		*Lap Swim			Rec.
12:00p	*Lap Swim			Rec. Swim		
4:30p	Pool area closes at 4:30p					

Tuesday and Thursday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
6:00a	Masters Swim			Adult Swim		
7:00a	*Adult Swim					
9:00a	Adult Swim		H ₂ O-Combo (Tuesday only)			
9:45a	*Adult Swim					
4:00p	Otters - Seniors 4:5:30p		Adult Swim			
5:30p	Otters (Novice/River 4:30-6:30, Sea 5:30-6:30)			Adult Swim		
6:30p	Lessons (6:30-7:50p)		Lap Swim		Rec Swim	
7:15p	Swim Lessons	*Lap Swim		Rec. Swim		
8:00p	Adult Swim		Pool area closes at 8:30p			

Sunday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	*Adult Swim					
10:00a	*Adult Swim					
10:25a	Lap Swim		H ₂ O-Combo (10:30-11:15a reservation)			
11:20a	*Lap Swim		Rec. Swim			
2:00p	Lessons (2:10-3:30)		Lap		Rec. Swim	
3:30p	Adult Swim		Pool area closes at 4:30p			

Friday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
6:00a	Adult Swim					
4:00p	Adult Swim					
4:30p	Otters -River and Novice			Lap Swim		Rec.
6:30p	*Lap Swim		Rec. Swim			
7:30p	Pool area closes at 7:30p					

leisure pool

Monday and Wednesday

Open Swim 5:00p-8:00p

Tuesday

Open Swim 6:45-8:00p

Thursday

Open Swim 6:30-8:00p

Friday

Open Swim 4:30-7:30p

Saturday

Open Swim 11:30a-4:30p

Sunday

Open Swim 10:00a-3:30p