

midtown lap pool schedule

January 3rd - 27th , 2023

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

Monday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
6:00a	*Adult Swim					
4:00p	Otters			Adult Swim		
6:30p	Otters		Lap Swim	Rec Swim		
7:00p	*Lap Swim		Rec. Swim			
8:00p	Adult Swim		Pool area closes at 8:30p			

Tuesday						
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 (reservation)			
9:45a	*Adult Swim					
4:00p	Otters			Adult Swim		
6:30p	Lessons (6:30-7:15p)	Lap Swim	Rec. Swim			
8:00p	Adult Swim		Pool area closes at 8:30p			

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 (reservation)			
7:20a	*Adult Swim					
4:00p	Otters			Adult Swim		
6:30p	Otters		Lap Swim	Rec Swim		
7:00p	*Lap Swim		Rec. Swim			
8:00p	Adult Swim		Pool area closes at 8:30p			

temporary schedule for Uptown Closure

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

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 (new starts 1/5)		
9:45a	*Adult Swim					
4:00p	Otters			Adult Swim		
6:30p	Lessons (6:30-7:50p)		Lap Swim	Rec Swim		
8:00p	Adult Swim		Pool area closes at 8:30p			

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

Saturday						
Time	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5	Ln 6
7:30a	*Adult Swim					
9:00a	Lessons (9-11:30a)		Lap Swim		Rec.	
12:00p	*Lap Swim		Rec. Swim			
4:30p	Pool area closes at 4:30p					

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 Swim	Rec Swim		
3:30p	Adult Swim		Pool area closes at 4:30p			

midtown leisure pool schedule

January 3rd - 27th , 2023

leisure pool	
Open Swim	
Monday	4:00p - 8:00p
Tuesday	4:00p - 5:15p (swim Lessons 5:20-6:25p) 6:30p - 8:00p
Wednesday	11:15a - 1:00p 4:00p - 8:00p
Thursday	4:00p - 5:15p (swim Lessons 5:20-6:25p) 6:30p - 8:00p
Friday	4:00p - 7:30p
Saturday	11:45a - 4:30p (swim Lessons 9:15-11:45a)
Sunday	10:00a - 3:30p (swim Lessons 3:30-4:40p)

Activity	Description
Adult Swim	Age 15+ Lap/Fitness. No lifeguard
LAP Swim	No open swim. Age Policy & Swim test applies
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

Reservation and 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.