



Lap Pool Schedule September 9th – October 27th

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|---|---|
| 5:30-2:00 Adult Open (2) Lap (4) | 5:30-5:45 Lap (4) Adult Open (2) | 5:30-5:45 Lap (4) Adult Open (2) | 5:30-5:45 Lap (4) Adult Open (2) | 5:30-2:00 Adult Open (2) Lap (4) | 7:00-7:30 Lap (4) Adult Open (2) | 7:00-9:00 Adult Lap (2) Adult Open (2) Lap (2) |
| 2:00-3:30 Adult Lap (2) Lap (2) Open (2) | 5:45-6:30 Aqua Fitness (2) Adult Lap (4) | 5:45-6:30 Aqua Fitness (2) Adult Lap (3) Adult Open (1) | 5:45-6:30 Aqua Fitness (2) Adult Lap (3) Adult Open (1) | 2:00-4:00 Adult Lap (2) Lap (2) Open (2) | 7:30-9:00 Adult Lap (2) Crocs (4) | 9:00-1:30 Adult Lap (2) Lessons (4) |
| 3:30-4:00 Adult Lap (2) Lap (2) Lessons (2) | 6:30-8:30 Lap (4) Adult Open (2) | 6:30- 2:00 Adult Open (2) Lap (4) | 6:30-8:30 Lap (4) Adult Open (2) | 4:00-5:30 Crocs (4) Adult Lap (2) | 9:00-1:00 Adult Lap (2) Lessons (4) | 1:30-3:00 Adult Lap (2) Lap (2) Open (2) |
| 4:00-5:30 Adult Lap (2) Crocs (4) | 8:30-9:15 Aqua Fitness (3) Adult Lap (2) Adult Open (1) | 2:00-4:00 Adult Lap (2) Lap (2) Open (2) | 8:30-9:15 Aqua Fitness (3) Lap (2) Adult Open (1) | 5:30-7:00 Crocs (3) Lessons (1) Adult Lap (2) | 1:00-2:30 Adult Lap (2) Adult Open (2) Lap (2) | 3:00-5:00 Lap (4) Adult Open (2) |
| 5:30-7:10 Lessons (2) Adult Lap (1) Crocs (3) | 9:15-2:00 Adult Open (2) Lap (4) | 4:00-5:30 Crocs (4) Adult Lap (2) | 9:15-2:00 Adult Open (2) Lap (4) | 7:00-8:30 Crocs (4) Adult Lap (2) | 2:30-4:00 Crocs (4) Adult Lap (2) | CLOSED |
| 7:10-8:45 Crocs (5) Adult Lap (1) | 2:00-3:25 Adult Lap (2) Lap (2) Open (2) | 5:30-7:10 Crocs (3) Lessons (2) Adult Lap (1) | 2:00-3:25 Adult Lap (2) Lap (2) Open (2) | 8:30-9:30 Adult Lap (2) Lap (2) Adult Open (2) | 4:00-5:00 Adult lap (4) Adult Open (2) | |
| 8:45-9:30 Adult Lap (2) Adult Open (2) Lap (2) | 3:25-4:00 Lessons (2) Adult Lap (2) Lap (2) | 7:10-8:45 Crocs (5) Adult Lap (1) | 3:25-4:00 Lessons (2) Adult Lap (2) Lap (2) | CLOSED | 5:00-7:30 Adult Lap (2) Lap (2) Adult Open (2) | |
| CLOSED | 4:00-5:30 Crocs (3) Adult Lap (1) Lessons (2) | 8:45-9:30 Adult Lap (2) Adult Open (2) Lap (2) | 4:00- 5:30 Crocs (3) Adult Lap (1) Lessons (2) | | CLOSED | |
| | 5:30-7:00 Crocs (5) Adult Lap (1) | CLOSED | 5:30-6:45 Crocs (5) Adult Lap (1) | | | |
| | 7:00-9:30 Adult Lessons (2) Crocs (3) Adult Lap (1) CLOSED | | 6:45-7:30 Crocs (4) Adult Lessons (2) | | | |
| | | | 7:30-9:30 Adult Lessons (2) Crocs (3) Adult Lap (1) CLOSED | | | |

POOL ETIQUETTE (Lap, Therapy, and Whirlpool)

- Take a cleansing shower prior to entering the pool.
- Infants, toddlers and children not fully potty trained are required to wear a swim diaper and/or rubber pants with their bathing suit.
- Acceptable swim wear includes one or two-piece bathing suits, Hijabs or Berkas made for water. Cotton, undergarments or linen is not an appropriate swim wear for the pool.

The Malden Y welcomes all. Please see the Aquatics Director if you feel an exception is needed

The number in parenthesis denotes the amount of lanes set aside for that specific activity. The Malden Y reserves the right to alter any of the pool schedules to accommodate programs. There will always be an Adult Lap lane available in the Lap Pool throughout the day.