# Pool Schedule

**Effective:** July 13, 2020

## Pool Hours of Operation

- **Monday, through Friday:** 5:00am – 7:45pm
- **Saturday & Sunday:** 7:00am – 12:00pm

Schedule illustrates lane-specific times of use. Lane numbers are listed across the top. Schedule subject to change due to program(s), rentals, and activities. Please note: NO open/family swim before 9am on weekdays.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tr>
<td>Lap Swim 5-8am</td>
<td>Lap Swim 5-8am</td>
<td>Lap Swim 5-9am</td>
<td>Lap Swim 5-9am</td>
<td>Lap Swim 5-9am</td>
<td>Pool opens at 7am</td>
<td>Pool Opens at 7am</td>
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<tr>
<td>All Lanes</td>
<td>All Lanes</td>
<td>All Lanes</td>
<td>All Lanes</td>
<td>All Lanes</td>
<td>Adult lap swim only</td>
<td>Adult lap swim only</td>
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<td>7am–10pm</td>
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<tr>
<td>Lap Swim 9am–12:00</td>
<td>Lap Swim 9am–12:00</td>
<td>Lap Swim 9am-12:00pm</td>
<td>Lap Swim 10am-12:00pm</td>
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<td>All Lanes</td>
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<tr>
<td>Lap Swim 2pm-6pm</td>
<td>Lap Swim 2pm-6pm</td>
<td>Lap Swim 2pm-6pm</td>
<td>Lap Swim 2pm-6pm</td>
<td>Lap Swim 2pm-6pm</td>
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<tr>
<td>Open &amp; Family Swim 9–12pm Lanes 5-6</td>
<td>Open &amp; Family Swim 9–12pm Lanes 5-6</td>
<td>Open &amp; Family Swim 9–12pm Lanes 5-6</td>
<td>Open &amp; Family Swim 9–12pm Lanes 5-6</td>
<td>Open &amp; Family Swim 9–12pm Lanes 5-6</td>
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<tr>
<td>Castaways 6-7pm Lanes 1-3</td>
<td>Castaways 6-7pm Lanes 1-3</td>
<td>Castaways 6-7pm Lanes 1-3</td>
<td>Castaways 6-7pm Lanes 1-3</td>
<td>Castaways 6-7pm Lanes 1-3</td>
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<tr>
<td>Lap swim 7:45 all lanes</td>
<td>Lap swim 7:45 all lanes</td>
<td>Lap swim 7:45 all lanes</td>
<td>Lap swim 7:45 all lanes</td>
<td>Lap swim 7:45 all lanes</td>
<td>Pool closes 7:45PM</td>
<td>Pool closes 7:45PM</td>
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</tbody>
</table>

**FACILITY CLOSED FOR DISINFECTION**

- **MONDAY:** Lap Swim 2pm-6pm
- **TUESDAY:** Lap Swim 2pm-6pm
- **WEDNESDAY:** Lap Swim 2pm-6pm
- **THURSDAY:** Lap Swim 2pm-6pm
- **FRIDAY:** Lap Swim 2pm-6pm
- **SATURDAY:** Lap Swim 2pm-6pm
- **SUNDAY:** Lap Swim 2pm-6pm

### Aqua Tabata

- **MONDAY:** 8-9am Lanes 3-6
- **TUESDAY:** 8-9am Lanes 4-6
- **WEDNESDAY:** 8-9am Lanes 3-6
- **THURSDAY:** 8-9am Lanes 4-6
- **FRIDAY:** 8-9am Lanes 3-6
- **SATURDAY:** Aqua Tabata 8-9am Lanes 3-6
- **SUNDAY:** Aqua Tabata 8-9am Lanes 3-6

### Deep Water Aerobics

- **MONDAY:** 8-9am Lanes 3-6
- **TUESDAY:** 8-9am Lanes 4-6
- **WEDNESDAY:** 8-9am Lanes 3-6
- **THURSDAY:** 8-9am Lanes 4-6
- **FRIDAY:** 8-9am Lanes 3-6
- **SATURDAY:** Aqua Tabata 8-9am Lanes 3-6
- **SUNDAY:** Aqua Tabata 8-9am Lanes 3-6

### Aqua Aerobics

- **MONDAY:** 8-9am Lanes 3-6
- **TUESDAY:** 8-9am Lanes 4-6
- **WEDNESDAY:** 8-9am Lanes 3-6
- **THURSDAY:** 8-9am Lanes 4-6
- **FRIDAY:** 8-9am Lanes 3-6
- **SATURDAY:** Aqua Tabata 8-9am Lanes 3-6
- **SUNDAY:** Aqua Tabata 8-9am Lanes 3-6

### Castaways

- **MONDAY:** 6-7pm Lanes 1-3
- **TUESDAY:** 6-7pm Lanes 1-3
- **WEDNESDAY:** 6-7pm Lanes 1-3
- **THURSDAY:** 6-7pm Lanes 1-3
- **FRIDAY:** 6-7pm Lanes 1-3
- **SATURDAY:** Castaways 6-7pm Lanes 1-3
- **SUNDAY:** Castaways 6-7pm Lanes 1-3

### Aqua Tabata Functional Strength Aqua

- **MONDAY:** 6-7pm Lanes 3-6
- **TUESDAY:** 6-7pm Lanes 4-6
- **WEDNESDAY:** 6-7pm Lanes 3-6
- **THURSDAY:** 6-7pm Lanes 4-6
- **FRIDAY:** 6-7pm Lanes 3-6
- **SATURDAY:** Aqua Tabata 6-7pm Lanes 3-6
- **SUNDAY:** Aqua Tabata 6-7pm Lanes 3-6

### Swimming Lanes

- **MONDAY:** Lanes 1-4
- **TUESDAY:** Lanes 1-4
- **WEDNESDAY:** Lanes 1-4
- **THURSDAY:** Lanes 1-4
- **FRIDAY:** Lanes 1-4
- **SATURDAY:** Lanes 1-4
- **SUNDAY:** Lanes 1-4

### Pool Closes for the day

- **MONDAY:** 7:45PM
- **TUESDAY:** 7:45PM
- **WEDNESDAY:** 7:45PM
- **THURSDAY:** 7:45PM
- **FRIDAY:** 7:45PM
- **SATURDAY:** 7:45PM
- **SUNDAY:** 7:45PM

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**Contact:**
- **Phone:** 978-630-9212
- **Website:** mwcc.edu/fitness