



# Mentor Community Recreation Center

## Shallow Rear

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7-8:30	Family Swim One lap lane 8a-5:30p
9a	Move & Groove	Aqua HIIT	Move & Groove	Aqua HIIT	Stretch & Tone	Group Swim	
10a	Family Swim	Stretch & Tone	Family Swim	Stretch & Tone	Move & Groove	Lessons	
11a	10a-12p	Swim Lessons	10a-12p	Swim Lessons	Lap Swim	9-11:30am	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p	Adapted Aqua	
1p	12-3p	12-2p	12-3p	12-2p	Home School	Family Swim One lap lane 1-8:30p	
2p		Senior WWO		Senior WWO	1-3p		
3p	Family 3-5p	Family 3p-5p	Family 3p-5p	Family 3p-5p	Family Swim		
5p	Group Swim	Swim Lessons	Group Swim	Swim Lessons	Swim		
6:30p	Lessons		Lessons	Adapted Aqua	One lap lane		
7:30p	Family +1lap	Stretch & Tone	Family +1lap	Aqua HIIT	3-9:30p		
8:30p	7-9:30p	Family +1lap	7-9:30p	Family +1lap			

## Deep Middle Section

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7-8:30	Family Swim One lap lane 8a-5:30p
9a					Shallow/Deep	Group Swim	
10a	Shallow/Deep		Shallow/Deep			Lessons	
11a	Family Swim		Family Swim		Lap Swim	9-11:30am	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p	Adapted Aqua	
1p	12-3p	12-2p	12-3p	12-2p	Home School	Family Swim One lap lane 1-8:30p	
2p					1-3p		
3p	Family 3-5p	Family 3-5p	Family 3-5p	Family 3-5p	Family Swim		
5p	Group Swim	Swim Lessons	Group Swim	Swim Lessons	Swim		
6:30p	Lessons	Shallow/Deep	Lessons	Shallow/Deep	One lap lane		
7:30-9:30p	Family +1lap	Family +1lap	Family +1lap	Family +1lap	3-9:30p		

## Shallow Front near hallway

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim 7-8:30	Family Swim One lap lane 8a-5:30p
9a	Move & Groove	Aqua HIIT	Stretch & Tone	Aqua HIIT	Shallow/Deep	Move & Groove	
10a	Shallow/Deep	Stretch & Tone	Shallow/Deep	Stretch & Tone	Move & Groove	Group Swim	
11a	Family Swim		Family Swim		Lap Swim	Lessons 10-12p	
12p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	11a-1p	Adapted Aqua	
1p	12-3p	12-2p	12-5p	12-2p	Home School	Family Swim One lap lane 1-8:30p	
2p		Senior WWO		Senior WWO	1-3p		
3p	Family 3-5p	Family 3-5p	Family 3-5p	Family 3-5p	Family Swim		
5p	Group Swim	Group Swim	Group Swim	Group Swim	Swim		
6:30p	Lessons	Shallow/Deep	Lessons	Shallow/Deep	One lap lane		
7:30p	Family +1lap	Stretch & Tone	Family +1lap	Aqua HIIT	3-9:30p		
8:30p	7-9:30p	Family +1lap	7-9:30p	Family +1lap			

Key:

Lap swim	Family Swim	Group Swim Lessons	Water WorkOut	Home School	Adapted Aquatics	Open Swim
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