



Maple Aquatics Large Pool

July 24th

345-9622

The number of lap lanes available may vary slightly based on attendance in other activities.

		Depth 3 1/2 - 9 ft		Distance 25 yards		1 mile = 36 laps or 72 lengths	
		Lap Swim		Water Exercise		Open Swim	
Monday	5:00 - 6:00	a.m.	6	Hydro Fit 9:00a - 10:00a Aqua Boot Camp* 10:00a - 11:15a Water Exercise 11:15a - 12p	7:15p - 8:30p		
	6:00 - 7:00	a.m.	6				
	7:00 - 8:30	a.m.	4				
	8:30 - 9a	a.m.	6				
	9a - 10a	a.m.	0				
	10a - 11:15	p.m.	4				
	11:15 - 12:15	p.m.	3				
	12:15 - 1p	p.m.	6				
	1p - 2:30p	p.m.	2				
	2:30p - 3:30p	p.m.	6				
	3:30 - 5:30	p.m.	6				
	5:30 - 6:00	p.m.	2				
6:00 - 7:15	p.m.	0					
7:15 - 8:30	p.m.	3					
8:30 - 10	p.m.	6					
Tuesday	5:00 - 7:00	a.m.	6	Low Impact 8:00a - 9:00a Hydro Fit 9:00a - 10:00a Water Orientation 10a - 11a (Appt. Required) Water Exercise 11:00a - 12:00p Hydro Fit 5:30p - 6:30p	2:30p - 3:30p 7:30p - 8:30p		
	7:00 - 8:30	a.m.	3				
	8:30 - 9:00	a.m.	3				
	9:00 - 10:00	a.m.	1				
	10:00 - 11:15	a.m.	4				
	11:15 - 12:15	p.m.	3				
	12:15 - 1p	p.m.	6				
	1:00 - 2:30	p.m.	2				
	2:30 - 3:30	p.m.	4				
	3:30 - 6:30	p.m.	0				
	6:30 - 7:30	p.m.	1				
	7:30 - 8:00	p.m.	3				
8:00 - 8:30	p.m.	4					
8:30 - 10:00	p.m.	6					
Wednesday	5:00 - 7:00	a.m.	6	Hydro Fit 9a - 10a Aqua Boot Camp* 10:00a - 11:15a Water Exercise 11:15 - 12:15	7:15p - 8:30p		
	7:00 - 8:30	a.m.	2				
	8:30 - 9:00	a.m.	6				
	9:00 - 10:00	a.m.	0				
	10:00 - 10:30	a.m.	2				
	10:30 - 11:15	a.m.	5				
	11:15 - 12:15	p.m.	2				
	12:15 - 1:00	p.m.	6				
	1:00 - 2:30	p.m.	2				
	2:30 - 3:30	p.m.	6				
	3:30 - 5:30	p.m.	0				
	5:30 - 7:15	p.m.	0				
7:15 - 8:30	p.m.	3					
8:30 - 10:00	p.m.	6					
Thursday	5:00 - 7:00	a.m.	6	Low Impact 8:00a - 9:00a Hydro Fit 9:00a - 10:00a Water Exercise 11:00a - 12:00p Hydro Fit 5:30p - 6:30p	3:00p - 3:30p 7:15p - 10:00p		
	7:00 - 8:00	a.m.	3				
	8:00 - 8:30	a.m.	0				
	8:30 - 9:00	a.m.	3				
	9:00 - 10:00	a.m.	1				
	10:00 - 10:30	a.m.	4				
	10:30 - 11:15	a.m.	6				
	11:15 - 12:15	p.m.	3				
	12:15 - 1:00	p.m.	6				
	1:00 - 2:30	p.m.	2				
	2:30 - 3:30	p.m.	4				
	3:30 - 5:30	p.m.	6				
5:30 - 6:30	p.m.	1					
6:30 - 7:15	p.m.	3					

7:15	8:00	p.m.	2		
8:00	10	p.m.	4		

*Fee Based Classes

There will be no lap lanes available during the times listed in red.

Please note all lap swim is listed in terms of 6 lanes. Pool may be set up with either single or double lane structure.

The number of lap lanes available may vary slightly based on attendance in other activities.

	Temp 84	Depth 3 1/2 - 9 ft	Distance 25 yards	1 mile = 36 laps or 72 lengths
	Lap Swim		Water Exercise	Open Swim
Friday	5:00 - 7:00	a.m.	6	
	7:00 - 8:30	a.m.	3	
	8:30 - 9:00	a.m.	6	
	9:00 - 10:00	a.m.	0	
	10:00 - 11:15	p.m.	2	
	11:15 - 12:15	p.m.	3	
	12:15 - 1:00	p.m.	6	
	1:00 - 6:30	p.m.	4	
	6:30 - 7:00	p.m.	3	
	7:00 - 10:00	p.m.	6	
Saturday	6:30 - 9:30	a.m.	6	
	9:00 - 11:30	a.m.	0	
	11:30 - 12:00	p.m.	4	
	12:00 - 1:00	p.m.	3	
	1:00 - 2:00	p.m.	3	
	2:00 - 7:00	p.m.	4	
Sunday	11:00 - 1:30	p.m.	6	
	1:30 - 2:45	p.m.	6	
	2:45 - 3:30	p.m.	0	
	3:30 - 5:00	p.m.	4	

Lap Swim: For high school age and above. (Youth may swim during indicated times if it's not too crowded and they can do so without interrupting the pace of the adult swimmers.) Lane numbers are based on 6 lanes in the pool.

Open Swim: Time for anyone to have fun in the pool. Youth who are 9 years old and are able to pass the swim test may swim at these times without an adult present in the pool area. Parent must be in the building. Children under 9 years old must have an adult (18yrs+) who is in the water.

Family Swim: Specific time set aside for families to swim and share time together. Adults must accompany children in the water.

Water Fitness: Open to all members 14 years and older. An adult (18yrs+) must accompany 14 year olds.

AGE REQUIREMENTS FOR THE SWIMMING POOL

- *Children 3 years and younger **must** have an adult, **in the water**, within an arms length of them.
- *Children 4-8 years old, that **cannot** pass a swim test, must have an adult **in the water** with them.
- *Children 4-8 years old, that **can** pass a swim test, must have an adult **in the pool area** with them.
- *Children 9 years & up, that **cannot** pass a swim test, **must** have an adult **in the pool area** with them.
- *Children 9 years & up, that **can** pass a swim test, may be in the pool area **without supervision**.

Swim Test:



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