

JANUARY 2021 SCHEDULE

January 4 – To Be Determined

Monday, Wednesday and Friday:

- 5:30-6:30am Lap Swimming and Water Walking
- 6:45-7:45am Lap Swimming and Water Walking
- 8:00-9:00am Lap Swimming/Water Walking* and Water Exercise
- 9:15-10:15am Lap Swimming/Water Walking* and Water Exercise**
- 10:30-11:30am Lap Swimming and Water Walking
- Noon-1:00pm Lap Swimming and Water Walking
- 1:00-4:30pm Closed for Cleaning
- EVENING HOURS Closed for Private Swim Team (Deep End)

Tuesday and Thursday:

- 5:30-6:30am Lap Swimming and Water Walking
- 6:45-7:45am Lap Swimming and Water Walking
- 8:00-9:00am Lap Swimming/Water Walking* and Water Exercise
- 9:15-10:15am High-Risk Swimmers*** and Water Exercise
- 10:30-11:30am Lap Swimming and Water Walking
- Noon-1:00pm Lap Swimming and Water Walking
- 1:00-4:00pm Closed for Cleaning
- 4:00-5:00pm Lap Swimming and Water Walking
- 5:15-6:15pm Lap Swimming and Water Walking
- 6:30-7:30pm Lap Swimming and Water Exercise

Saturday:

- 8:00-11:00am Closed for Private Swim Team
- 11:15am-12:15pm Lap Swimming and Water Walking
- 12:30-1:30pm Lap Swimming and Water Walking

Sunday:

- Closed

**Water Walking is allowed in Lap Lanes during Water Exercise Classes.*

***Water Exercise on Monday, Wednesday and Friday, 9:15-10:15am. Insurance (Tivity, ASH Networks accepted).*

****High-Risk Swim Times are for those that are highly susceptible to COVID-19.*

More Information:

For more information, visit our website at www.mtrainierpool.com or call us at (206) 824-4722.