



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MALCOLM POOL SCHEDULE

JANUARY 2ND – MARCH 1ST, 2012

Malcolm Pool Schedule Jan 2nd to March 1st

Schedule begins Jan 2nd
and is subject to change

Multiple activities are often
scheduled in this pool at
the same time.

Lap Swimming Tips

Please enter the pool from
the shallow end. To avoid
accidents, when entering
an occupied lane, please
get the first swimmer's
acknowledgement that you
are there. Please get
kickboards, pull buoys, etc.
before entering the pool.

Directions

If there are 1 or 2
swimmers in a lane, they
may elect to split the lane
in half. The entrance of a
third person immediately
changes the lane to "circle"
swimming format.

Speed

Please try to choose a lane
with swimmers that most
nearly match your speed.

Total Immersion Clinic

9:00-10:00 on following
Sundays: 1/29, 2/26, 3/4,
4/1. *Registration required
through program* Will use
one lane during the hour.

Swim Team Meets

will
be posted on Aquatics
Board. Pool will be closed
during those times.

Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:00 Lap Swim (all lanes)	6:00-9:00 Lap Swim (all lanes)	6:00-9:00 Lap Swim (all lanes)	6:00-9:00 Lap Swim (all lanes)	6:00-9:00 Lap Swim (all lanes)	POOL CLOSED	POOL CLOSED
9:00-11:30 Lap Swim (3 lanes)	9:00-11:30 Lap Swim (3 lanes)	9:00-11:30 Lap Swim (3 lanes)	9:00-11:30 Lap Swim (4 lanes)	9:00-11:30 Lap Swim (3 lanes)		
9:00-10:00 Aquacize (3 lanes)	9:00-10:00 Aquacize (3 lanes)	9:00-10:00 Aquacize (3 lanes)		9:00-10:00 Aquacize (3 lanes)	7:00-8:30 Lap Swim (all lanes)	7:00-10:00 Lap Swim (all lanes)
10:00-11:30 General Swim (2 lanes)	10:00-11:30 General Swim (2 lanes)	10:00-11:30 General Swim (2 lanes)	10:00-11:30 General Swim (2 lanes)	10:00-11:30 General Swim (2 lanes)	8:30-12:00 Swim Lessons (2 lanes)	10:00-5:45 Lap Swim (4 lanes)
11:30-2:00 Lap Swim (all lanes)	11:30-2:00 Lap Swim (all lanes)	11:30-2:00 Lap Swim (all lanes)	11:30-2:00 Lap Swim (all lanes)	11:30-2:00 Lap Swim (all lanes)	8:30-12:00 Lap Swim (4 lanes)	10:00-5:45 General Swim (2 lanes)
2:00-3:00 Waynflete Middle School (2 lanes)	2:00-3:00 *Waynflete Swim Team (2 lanes)*	2:00-3:00 *Waynflete Swim Team (2 lanes)*	2:00-3:00 Waynflete Middle School (2 lanes)	2:00-3:00 Waynflete Middle School (2 lanes)	12:00-1:00 Lap Swim (all lanes)	
3:00-4:30 *Cheverus Swim Team (5 lanes)*	3:00-4:30 *Cheverus Swim Team (5 lanes)*	3:00-4:30 *Cheverus Swim Team (5 lanes)*	3:00-4:30 *Cheverus Swim Team (5 lanes)*	3:00-5:00 *Cheverus Swim Team (5 lanes)*	1:00-4:00 PTSC (all lanes)	
4:00-5:30 Swim Lessons (1-2 lanes)	4:00-5:30 Swim Lessons (1-2 lanes)	4:00-5:30 Swim Lessons (1-2 lanes)	4:00-5:30 Swim Lessons (1-2 lanes)	2:00-5:00 Lap Swim (lanes vary)	4:00-5:45 Lap Swim (4 lanes)	POOL CLOSED
4:30-6:30 Lap Swim (4 lanes)	4:30-6:30 Lap Swim (4 lanes)	4:30-6:30 Lap Swim (4 lanes)	4:30-6:30 Lap Swim (4 lanes)	5:00-7:00 Adult Lessons (2 lanes)	4:00-5:45 General Swim (2 lanes)	
5:30-6:30 PTSC (2 lanes)	5:30-6:30 PTSC (2 lanes)	5:30-6:30 PTSC (2 lanes)	5:30-6:30 PTSC (2 lanes)	5:00-8:45 Lap Swim (4 lanes)	POOL CLOSED	
6:30-8:45 PTSC (all lanes)	6:30-8:45 PTSC (all lanes)	6:30-8:45 PTSC (all lanes)	6:30-8:45 PTSC (all lanes)	7:00-8:45 General Swim (2 lanes)		
NOTES: * Waynflete Swim Team Tues/Wed starts 11/22/11* *Cheverus Swim Team starts 11/21/11; no lap swim 4:00-4:30*						

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