



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MALCOLM POOL SCHEDULE

SEPT 6TH – OCT 30TH, 2011

Malcolm Pool Schedule
Sept 6 to Oct 30

Schedule begins Sept 6th 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.

	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)	
	11:30-3:00 Lap Swim (all lanes)	11:30-3:00 Lap Swim (all lanes)	11:30-3:00 Lap Swim (all lanes)	11:30-3:00 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)	
						12:00-1:00 Lap Swim (all lanes)		
	3:00-4:00 General Swim (2 lanes)	3:00-4:00 General Swim (2 lanes)	3:00-4:00 General Swim (2 lanes)	3:00-4:00 General Swim (2 lanes)		1:00-4:00 PTSC (all lanes)	POOL CLOSED	
	4:00-5:30 Swim Lessons (2 lanes)	4:00-5:30 Swim Lessons (2 lanes)	4:00-5:30 Swim Lessons (2 lanes)	4:00-5:30 Swim Lessons (2 lanes)	2:00-3:00 Island Swim (2 lanes)	4:00-5:45 Lap Swim (4 lanes)		
	3:00-6:30 Lap Swim (4 lanes)	3:00-6:30 Lap Swim (4 lanes)	3:00-6:30 Lap Swim (4 lanes)	3:00-6:30 Lap Swim (4 lanes)	2:00-8:45 Lap Swim (4 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)	5:00-7:00 Adult Lessons (2 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: High School Pre season swimming will start Sept 6 th at 6:30PM *PTSC starts Sept 12 th *								

**Greater Portland Branch
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