

# Mainland Regional High School

## Pool Schedule

JANUARY 2019

Fees: Walk-in, Recreational & Lap  
 Resident \$3.00  
 (Linwood, Northfield, Somers Pt.)  
 Non-Resident \$8.00

\* If snow, Pool is closed.

\* All hours and programs subject to change without notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  <b>CLOSED</b>	2 Lap Swim only 5:45 - 7:30 am  <b>CLOSED</b>	3 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	4 Lap Swim only 5:45 - 7:30 am  <b>CLOSED</b>	5 Lap Swim only 11:15 am - 1:00 pm
6 Lap Swim only 8:00 am – 12:00 pm	7 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	8 Lap Swim only 5:45 - 7:30 am  Water Aerobics Only 6:30 – 7:30 pm	9 Lap Swim only 5:45 - 7:30 am  Lap Swim only 6:30 – 8:00 pm	10 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	11 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	12 Lap Swim only 11:15 am - 1:00 pm
13 Lap Swim only 8:00 am – 12:00 pm	14 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	15 Lap Swim only 5:45 - 7:30 am  <b>CLOSED</b>	16 Lap Swim only 5:45 - 7:30 am  Lap Swim only 6:30 – 8:00 pm	17 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	18 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	19 Lap Swim only 11:15 am - 1:00 pm
20 Lap Swim only 8:00 am – 12:00 pm	21 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	22 Lap Swim only 5:45 - 7:30 am  Water Aerobics Only 6:30 – 7:30 pm	23 Lap Swim only 5:45 - 7:30 am  <b>CLOSED</b>	24 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	25 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	26 Lap Swim only 8:00- 12:00 pm
27 Lap Swim only 8:00 am – 12:00 pm	28 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm	29 Lap Swim only 5:45 - 7:30 am  Water Aerobics Only 6:30 – 7:30 pm	30 Lap Swim only 5:45 - 7:30 am  Lap Swim only 6:30 – 8:00 pm	31 Lap Swim only 5:45 - 7:30 am  Lap Swim Only 6:30 - 8:00 pm		

Courses available to sign up for:

- Water Fitness
- Swim Club
- Private Swim Lesson
- \*No-Diving

Call Pool at 601-6154 for info  
 Call Pool for scheduled times  
 Spring & Fall  
 Call Pool at 601-6154

**\*\*\* 4 LANES ONLY\*\*\***