

NOVEMBER 22-26, 2017

SPECIAL POOL SCHEDULE

Wednesday, November 22 NO SWIMMING LESSONS	Thursday November 23 NO SWIMMING LESSONS	Friday November 24 NO SWIMMING LESSONS	Saturday November 25 NO SWIMMING LESSONS	Sunday November 26 NO SWIMMING LESSONS
Pool: 6:00AM-6:30PM	CLOSED	Pool: 7:30AM-4:30PM	Pool: 7:00AM-4:15PM	Pool: 8:30AM-4:15PM
6:00am-2:30pm Lap Lanes		7:30am-1:00pm Lap Lanes, Leisure Pool & River	7:00am-1:00pm Lap Lanes	
6:00-7:00am Deep Water Fitness		7:55-8:55am Water Walk	7:00-8:00am (\$2.25) Leisure Pool & River	8:30am-1:00pm Lap Lanes
6:00-9:30am River Only		9:20-10:20am Shallow Water Fitness	7:30-8:30am Deep Water Fitness	8:30-9:15am (\$1.00) Leisure Pool & River
7:55-8:55am Water Walk		10:30-11:30am LIFT Class	8:00-9:15am Leisure Pool & River	River Fitness Canceled
9:20-10:20am Shallow Water Fitness		12:00-1:00pm Arthritis Aquatic Fitness	9:20-10:35am Leisure Pool & River	9:20-10:35am Leisure Pool & River
9:30am-2:30pm Leisure Pool/River		Special Recreation Swim!	10:40-11:55am Leisure Pool & River	10:40-11:55am Leisure Pool & River
10:30-11:30am LIFT Class		1:15-2:45pm	10:00-1:00pm (\$2.25) Leisure Pool & River	12:00-1:00pm (\$2.25) Leisure Pool & River
12:00-1:00pm Arthritis Aquatic Fitness		2:45-4:30pm Edmonds School District Swim Team Practice	1:15-2:45pm Recreation Swim	1:15-2:45pm Recreation Swim
2:30-4:30pm Edmonds School District Swim Team Practice		3:00-4:30pm Leisure Pool & River	2:55-3:55pm Rental Time Available	2:55-3:55pm Rental Time Available
3:00-6:30pm Leisure Pool & River				
4:30-6:30pm Lap Lanes		Building closes at 5:00PM	Building closes at 4:30PM	Building closes at 4:30PM
5:30-6:30pm Deep Water Fitness				
Building closes at 7:00PM	Building Closed	 MOUNTLAKE TERRACE RECREATION & PARKS 5303 228th St SW Mountlake Terrace 98043 425.776.9173 www.mltrec.com	It started November 1 — DASH! We have a new registration system create an account on Dash Online on your phone, tablet or computer. You will need to have an account for registering for classes, programs and passes. Get the Dash Online app at the apple or google play app stores.	