

Aquatic Pool Schedule (Fall, winter, spring)

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Time:	Saturday	Sunday
5:30am - 6:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	8 am - 1 pm	Lap Swim & Swim Lessons	Unity Closed
8:00am - 9:00am	Lap Swim	Rise & Splash	Lap Swim	Rise & Splash	Lap Swim	1 pm - 4:30 pm	OPEN w/Lifeguard	OPEN w/Lifeguard
9:00am - 10:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
10:30am - 11:30am	Lap Swim	Rise & Splash	Lap Swim	Rise & Splash	Lap Swim			
11:30am - 3:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
3:30pm - 5:30pm	Closed for MALST *Oct-Feb	Closed for MALST *Oct-Feb	Closed for MALST *Oct-Feb	Closed for MALST *Oct-Feb	Lap Swim			
5:30pm - 6:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
6:30pm - 8:00pm	OPEN w/Lifeguard	OPEN w/Lifeguard	OPEN w/Lifeguard	OPEN w/Lifeguard	OPEN w/Lifeguard			

LAP SWIM: The lap pool, wading pool, hot tub, and sauna are available. Minors must be accompanied by a guardian.

OPEN w/Lifeguard: The lap pool, wading pool, hot tub, sauna, and waterslide are available. Minors do not need a guardian in the pool as long as a lifeguard is present.

RISE & SPLASH: Water aerobics group fitness classes in the lap pool. Rise & Splash is a level 1 class and Aquatone is a Level 2 class.

MALST: The pool is reserved for the Milbank Swim Team.

SWIM LESSONS: The pool is reserved for Unity's youth swimming lessons unless noted that lap swim is available.