



AQUATICS DIVISION

MLK Pool Daily Schedule

Masters Swimming

5:45 am – 7 am
7 am – 8 am

Monday – Friday
Saturday

No reservations necessary. Please come ready to swim and minimize use of locker rooms whenever possible.

Lap Swim

7 am – 7:45 pm
7 am – 6:45 pm
9 am – 3:45 pm
1 pm – 4:45 pm

Monday – Thursday
Friday
Saturday
Sunday

No reservations necessary. Please come ready to swim and minimize use of locker rooms whenever possible.

Water Fitness – No equipment provided

7 am – 7:45 am
8 am – 8:45 am
9 am – 9:45 pm
10 am – 10:45 am
6:30 pm – 7:15 pm
6:30 pm – 7:15 pm

Tuesday and Thursday – Deep Water (5 max)
Monday – Friday (10 max)
Monday – Friday (10 max)
Monday and Wednesday – Arthritis (10 max)
Monday, Tuesday and Thursday (10 max)
Monday and Wednesday – Deep Water (5 max)

Reservations required. Please come ready to swim and minimize use of locker rooms whenever possible.

Recreation Swimming

3 pm – 6:45 pm
10 am – 3:45 pm
1 pm – 4:45 pm

Monday – Friday
Saturday
Sunday

Children under 8 must have an adult present in the water. Please come ready to swim and minimize use of locker rooms whenever possible.

SMRT

3 pm – 7 pm
7 am – 10 am

Monday – Friday
Saturday

Limited Lap Lanes available Monday - Friday