



# MLK Pool Daily Schedule

## Masters Swimming

5:45 am – 7 am                      Monday – Friday  
7 am – 8 am                          Saturday

## Lap Swim

7 am – 4 pm                          Monday – Friday  
6 pm – 7:45 pm                      Monday – Thursday  
7 am – 6:45 pm                      Friday\*  
9 am – 3:45 pm                      Saturday

\*Limited lap lanes available

## Recreational Swimming

3 pm – 6 pm                          Monday – Friday  
10 am – 3:45 pm                      Saturday

Children under 8 must have an adult present in the water.

## Water Fitness

6:30 pm – 7:15 pm                      Monday - Thursday

## SMRT

4 pm – 6:30 pm                      Monday – Friday  
7 am – 10 am                          Saturday

# W.L. Stephens

## Lap Swim

8 am – 10:45 am                      Monday - Friday

## Water Fitness

8 am – 8:45 am                      Monday - Friday  
9 am – 9:45 am                      Monday - Friday

## Arthritis Fitness

10 am – 10:45 am                      Monday / Wednesday / Friday