

MORNING LAP SWIM SCHEDULE

1. Available on Monday, Wednesday and Friday AM's at the NMS/NHS Pool!
2. Lap Swim is available at 5:45-7:15am with doors being unlocked by 5:30am.
3. Cost is \$1 per person each time attending.
4. Due to school security, everyone attending will be issued a lanyard and ID that must be displayed when entering and leaving the building.
5. Locker room facilities are for your use – these will be shared, at times, with High School swimmers.
6. Lifeguard will always be on duty.
7. Activities will include swimming laps, walking in shallow area, treading water in deep end or whatever other exercises one chooses to incorporate into a workout session.
8. Can request to be added to cancellation list for inclement weather, etc. A phone call or e-mail will occur if a change is made to the original schedule.

The following dates are those in which Lap Swim will be available during the month of August:

*NOTE: The NHS Pool will be closed from Monday, August 2nd up until Monday, August 23rd for maintenance! Therefore, Lap Swim will occur at the NMS Pool during this timeframe.

Monday, August 2nd at NMS Pool until Monday, August 23rd.

Wednesday, August 4th

Friday, August 6th

Monday, August 9th

Wednesday, August 11th

Friday, August 13th

Monday, August 16th

Wednesday, August 18th

Friday, August 20th

Monday, August 23rd – Resume Lap Swim at NHS Pool.

Wednesday, August 25th

Friday, August 27th

Monday, August 30th

Questions? Ask Coach Keller! Can call at 822-5216 or e-mail at kellerj@mcsin-k12.org!

EVENING LAP SWIM SCHEDULE

1. Available on Tuesday and Thursday PM's at the NMS Pool!
2. Lap Swim is available at 6:15-7:30pm with doors being unlocked by 6pm.
3. Cost is \$2 per person each time attending.
4. Due to school security, everyone attending will be issued a lanyard and ID that must be displayed when entering and leaving the building.
5. Locker room facilities are for your use – these will be shared, at times, with other community recreation programs.
6. Lifeguard will always be on duty.
7. Activities will include swimming laps, walking in shallow area, treading water in deep end or whatever other exercises one chooses to incorporate into a workout session.
8. Can request to be added to cancellation list for inclement weather, etc. A phone call or e-mail will occur if a change is made to the original schedule.

The following dates are those in which Lap Swim will be available during the month of August:

Tuesday, August 3rd

Thursday, August 5th

*NO Lap Swim on Tuesday, August 10th!

Thursday, August 12th

Tuesday, August 17th

Thursday, August 19th

Tuesday, August 24th

Thursday, August 26th

*NO Lap Swim on Tuesday, August 31st!

Questions? Ask Coach Grace! Can call at 822-5368 or e-mail at gracec@mcsin-k12.org!