

# Mainland Regional High School

## Pool Schedule

### NOVEMBER 2011

Fees: Walk-in, Recreational & Lap  
 Resident \$3.00  
 (Linwood, Northfield, Somers Pt.)  
 Non-Resident \$8.00

\* If snow, Pool is closed.

\* All hours subject to change without notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 4:00 - 6:00 pm 2 Lanes Only 6:00 - 7:00 pm	2 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 5:30 - 7:30 pm	3 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 4:00 - 6:00 pm 2 Lanes Only 6:00 - 7:00 pm	4 Lap Swim only 6:00 - 7:30 am  <b>CLOSED</b>	5 Lap Swim only 9:00 - 10:30 am  Rec & Lap Swim 10:30 am - 12:30 pm
6 Lap Swim only 10:00 - 11:00 am  Rec & Lap Swim 11:00 am - 1:00 pm	7 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 4:00 - 7:00 pm	8 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 4:00 - 7:00 pm	9 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 4:00 - 7:00 pm	10 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 4:00 - 7:00 pm	11 Lap Swim only 6:00 - 7:30 am  <b>CLOSED</b>	12 Lap Swim only 9:00 - 10:30 am  Rec & Lap Swim 10:30 am - 12:30 pm
13 Lap Swim only 10:00 - 11:00 am  Rec & Lap Swim 11:00 am - 1:00 pm	14 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 4:00 - 7:00 pm	15 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 7:00 - 9:00 pm	16 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 7:00 - 9:00 pm	17 Lap Swim only 6:00 - 7:30 am  Lap Swim Only 7:00 - 9:00 pm 2 Lanes Only	18 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 7:00 - 9:00 pm	19 Lap Swim only 11:30 - 12:30 pm 3 Lanes  Rec & Lap Swim 12:30 - 2:30 pm
20 Lap Swim only 10:00 - 11:00 am  Rec & Lap Swim 11:00 am - 1:00 pm	21 Lap Swim only 6:00 - 7:30 am  Lap Swim Only 7:00 - 9:00 pm 2 Lanes Only	22 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 7:00 - 9:00 pm	23 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 7:00 - 9:00 pm	24  <b>CLOSED</b>	25 Lap Swim only 6:00 - 8:00 am  <b>CLOSED</b>	26 Lap Swim only 11:30 - 12:30 pm 3 Lanes  Rec & Lap Swim 12:30 - 2:30 pm
27 Lap Swim only 10:00 - 11:00 am  Rec & Lap Swim 11:00 am - 1:00 pm	28 Lap Swim only 6:00 - 7:30 am  Lap Swim Only 7:00 - 9:00 pm 2 Lanes Only	29 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 7:00 - 9:00 pm	30 Lap Swim only 6:00 - 7:30 am  Rec & Lap Swim 7:00 - 9:00 pm			

Courses available to sign up for:

Water Fitness

Scuba

Party Times

Private Swim Lesson

Sunday Fee = \$3.00 Resident - \$8.00 Non-Resident

No-Diving

(Call pool at 601-6154 for info)

(Mon. & Wed.)

(Tues. & Thurs. nights = Call Atlantic Divers at 641-7722 for info)

Group Swim Lesson = Tues. & Thur. 4:00-6:00 pm Spring