

Modified Pool Schedule —Reservations Only

Starting Monday, January 11, 2021

Call 425-776-9173 between 7:00am and 5:30pm to reserve your spot
Please read this schedule carefully. The schedule is subject to change.

For the current schedule: Please check at the Pavilion, on our
Facebook page <https://www.facebook.com/mltrec> or our website at www.mltrec.com

Sessions have a limited capacity to meet state regulations and guidelines for Water Recreation Facilities.

Building Hours	Monday Wednesday 5:45AM-6:30PM	Tuesday Thursday 5:45AM-6:30PM	Friday 5:45AM-6:30PM	Saturday CLOSED until further notice	Sunday CLOSED until further notice
River Water Walking Only Capacity: 3 NO CURRENT WILL BE ON	Monday /Wednesday 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	Tuesday /Thursday 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	Friday 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	<i>During COVID-19 Phases NO CURRENT, SPRAYS, GEYSERS OR BUBBLES WILL BE ALLOWED TO BE ON. This is to be in compliance with COVID regulations.</i>	
Lanes Lap Swimming: 2 per lane Location: Lanes 1-5	Lap Swim 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	Lap Swim 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	Lap Swim 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	The leisure pool, teach pool and sauna will remain closed until further notice.	
Deep Area Capacity: 2 Location: Deep end	Monday /Wednesday 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	Tuesday /Thursday 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm	Friday 5:45-6:45am 7:00-8:00am 8:15-9:15am 9:30-10:30am 11:00am-12:00pm 12:15-1:15pm 1:30-2:30pm 2:45-3:45pm 4:00-5:00pm 5:15-6:15pm		
Water Fitness Capacity: 9 Location: Lanes 1-3	Monday/ Wednesday/Friday <u>SHALLOW</u> 9:30-10:30am <u>ARTHRITIS</u> 11:00am-12:00pm	Tuesday/Thursday <u>BOOT CAMP</u> 5:45-6:45am <u>LIFT</u> 9:30-10:30am <u>ARTHRITIS</u> 11:00am-12:00pm	You must register in advance for fitness classes online at www.mltrec.com or by calling in 425.776.9173 No Drop in Fitness.	If you are part of Optum, Silver Sneakers & Silver & Fit must call in to register to use your benefits. 425.776.9173 7am-5:30pm M-F	

2021 Aquatic Fees:

	Resident	Non Res
Adults (16-59 Years)	\$5.50	\$6.00
Youth (0-15 Yrs)/Seniors (60+) /Disabled	\$4.50	\$5.00
Water Fitness:	\$8.25	\$8.25



- **Reservations only**—Reserve lap lane, river or deep end by calling 425 776 9173 between the hours of 7:00am and 5:30pm. Payment will be taken at the time of reservation.
- No Drop ins and no spectators (except for individual care givers).
- Water Fitness participants with Optum, Silver Sneakers or Silver & Fit you must call the front desk at 425.776.9173 between 7am and 2:30pm Monday through Friday to register.
- All guests must check in and check out at the front desk.
- Swim pass cards have been suspended until further notice.
- If you feel ill or have Covid Symptoms please stay home. If you are considered to be a vulnerable population please refrain from using the facility.
- Wash your hands, and cover coughs and sneezes.
- Masks are required while in the building, on the pool deck, and in the therapy pool but not in the water. Wear your mask up until the start of your workout and immediately following your workout.
- All guests and staff will be required to maintain appropriate social distance (6 feet) at all times.
- People of the same household do not need to physically distance.
- Please arrive in your swim attire and limit locker room use to showering before entering pool, hand washing and using the toilet. Enter/exit the locker room from the pool deck.
- Use of lockers will not be available at this time. Bring your belongings in a bag to the pool deck and use the crates or benches.
- Restroom facilities in the locker room will be available for use.
- The on-deck shower is available for one person at a time. If waiting in line, stay distanced.
- Lap Lanes: two people will be allowed to occupy the same lane and swim past each other while lap swimming. No two swimmers are allowed to remain within six feet of each other during resting periods without a proper physical barrier between them. Rest should take place at opposite ends of the pool. Exception: swimmers are from the same household.
- When the Therapy Pool is open there is a limit of two. Please remain distanced.
- Each session will be one hour with a 15 minute cleaning/sanitizing block afterwards.
- The pool will be cleared at the end of the hour.

