

Pool Overview

- ▶ Shower before you enter the pool.
- ▶ Proper swimsuit attire is required.
- ▶ Swimsuits with metal or plastic zippers, buckles, rivets, buttons, or metal/plastic ornamentation aren't allowed on the slides.
- ▶ The temperature of the therapy pool is 90°F. All other indoor pool areas are kept at 84°F.
- ▶ Water features will only be turned on during open swim times.

Lap Swimming & Water Walking

Lap lanes are 25 yards in the indoor pool and 25 meters in the outdoor pool. A lap is down and back.

- ▶ 1 mile = 35 laps (or 70 wall touches) in the indoor pool
- ▶ 1 mile = 32 laps (or 64 wall touches) in the outdoor pool

Swim Lessons and Classes

Swim lessons and aquatic exercise classes are offered throughout the year. Find information about current classes at merriam.org/mcc.

*FIT CLASS PASS

Take a different class every day! For an additional \$25 per month, members can attend select classes! Try all the classes, and go as many times as you like. Add the Fit Class Pass to your membership at the Welcome Desk.

\$25/individual member per month



MCC Hours

Monday–Thursday: 5 a.m.–9 p.m. Friday: 5 a.m.–8 p.m.
Saturday: 8 a.m.–6 p.m. Sunday: 10 a.m.–6 p.m.

MERRIAM COMMUNITY CENTER

6040 Slater St. // 913-322-5550 // merriam.org/mcc // BV

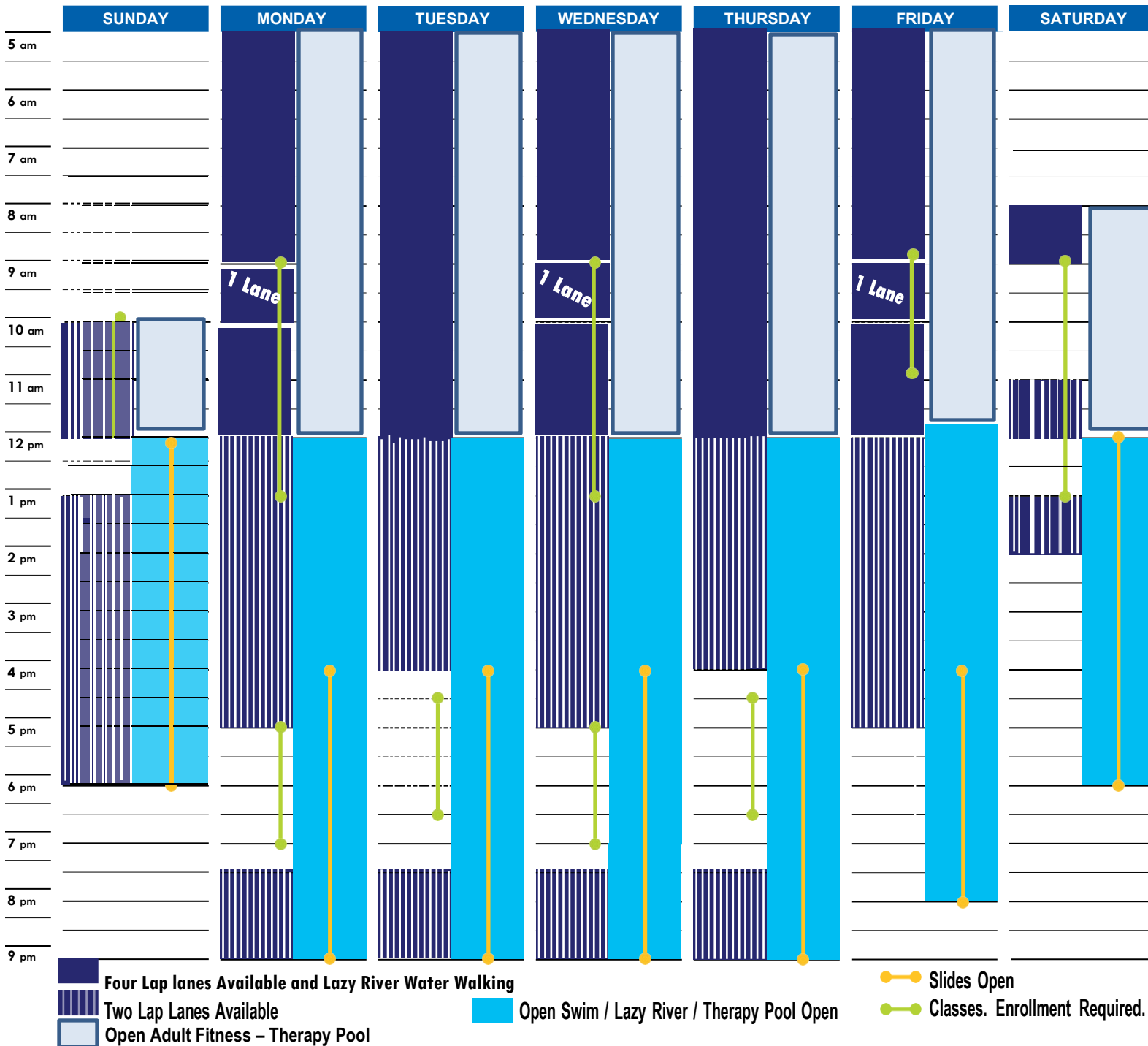


MERRIAM AQUATICS

INDOOR POOL SCHEDULE



INDOOR POOL SCHEDULE



Try a water fitness class!

- ▶ Aqua Flow *
- ▶ Aqua Interval Fitness
- ▶ Cardio Splash *
- ▶ Deep + Shallow Aerobics
- ▶ Phyllis' Water Therapy
- ▶ Warm Water Arthritis
- ▶ Warm Water Therapy
- ▶ Water Aerobics *
- ▶ Water Walking/Therapy Fitness*

* FIT CLASS PASS

Add a Fit Class Pass to your membership for unlimited access to these classes!

Aqua Toddler/Sensory Time

\$50/10 punches

\$90/20 punches

Free for members!

**Mondays, Wednesdays,
and Fridays
10:30 a.m.–12 p.m.**

Time-specific for families with children sensitive to loud noises or big splashes of water. All fountains, slides, and water features are turned off. Parents with children four years old and younger can explore without distraction.

Swim Lessons

Swim lessons are available for all ages. Infant aquatics survival programs are also available.

Sign up at merriam.org/mcc