



CRC Pool Closed for Deck Resurfacing

October 7th – October 18th, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

*There are no swim lessons being offered during this time due to the pool closure. Session 2 will begin the week of 10/21/19.

Special Aquatics Center Schedule Due to CRC Pool Closure

October 7th – October 18th, 2019

(Note: Lap Swim is only at designated times at the Aquatics Center)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: 6:30am-7:00pm (17 lap lanes)	Lap Swim: 5:00am-2:00pm (17 lap lanes 5-11am) (12 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm)	Lap Swim: 5:00am-2:00pm (17 lap lanes 5-5:45am) (13 lap lanes 5:45-6:45am) (17 lap lanes 6:45am-11am) (12 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm)	Lap Swim: 5:00am-2:00pm (17 lap lanes 5-5:45am) (13 lap lanes 5:45-6:45am) (17 lap lanes 6:45am-11am) (10 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm)	Lap Swim: 5:00am-2:00pm (17 Lap Lanes 5-11am) (12 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm)	Lap Swim: 5:00am-2:00pm (17 lap lanes 5-5:45am) (13 lap lanes 5:45-6:45am) (17 lap lanes 6:45am-11am) (12 lap lanes 11am-12pm) (17 lap lanes 12pm-2pm)	Lap Swim: 6:30am-7:00pm (6 lap lanes 6:30-9am) (14 lap lanes 9-12pm) (17 lap lanes 12pm-7pm) Masters Swim: 7:30am-8:45am (4 lanes for Masters)
	Shallow Tone: <i>Inst: Riba</i> 8:00am-9:00am (Inst. Pool)	Shallow Tone: <i>Inst: Debbie</i> 8:00am-9:00am (Inst. Pool)	Shallow Tone: <i>Inst: Helene</i> 8:00am-9:00am (Inst. Pool)	Shallow Tone: <i>Inst: Debbie</i> 8:00am-9:00am (Inst. Pool)	Shallow Tone: <i>Inst: Riba</i> 8:00am-9:00am (Inst. Pool)	
	Deep H2O Dynamics: <i>Inst: Kim</i> 11:00am-12:00pm (Comp. Pool) Shallow Tone: <i>Inst: Helene</i> 11:45am-12:45pm (Inst. Pool)	Shallow Tone: <i>Inst: Karen</i> 10:45am-11:45am (Inst. Pool) Deep H2O Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool)	Deep H2O Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool) Shallow Tone: <i>Inst: Karen</i> 11:45am-12:45pm (Inst. Pool)	Shallow Tone: <i>Inst: Helene</i> 10:45am-11:45am (Inst. Pool) Deep H2O Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool)	Shallow Tone: <i>Inst: Riba</i> 10:30am-11:30am (Inst. Pool) Deep H2O Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool)	
			Masters Swim: 11:00am-12:00pm			
	Lap Swim: 5:00pm-9:00pm (2 lap Lanes 5-5:30pm) (5 lap Lanes 5:30-7pm) (10 lap lanes 7-9pm) Masters Swim: 6:45pm-8:00pm	Lap Swim: 5:00pm-9:00pm (2 lap Lanes 5-5:30pm) (5 lap Lanes 5:30-7pm) (10 lap lanes 7-9pm) Masters Swim: 6:45pm-8:00pm	Lap Swim: 5:00pm-9:00pm (2 Lap Lanes 5-5:30pm) (5 Lap Lanes 5:30-7pm) (17 Lap Lanes 7pm-9pm)	Lap Swim: 5:00pm-9:00pm (2 lap Lanes 5-5:30pm) (5 lap Lanes 5:30-7pm) (10 lap lanes 7-9pm)	Lap Swim: 5:00pm-9:00pm (3 lap Lanes 5-6pm) (17 lap lanes 6-9p)	
	Deep H2O Dynamics: <i>Inst: Joseph</i> 7:15pm-8:15pm (Comp. Pool)	Shallow Tone: <i>Inst: Judy</i> 7:15pm-8:15pm (Inst. Pool)	Deep H2O Dynamics: <i>Inst: Karen</i> 7:15pm-8:15pm (Comp. Pool)	Shallow Tone: <i>Inst: Joseph</i> 7:15pm-8:15pm (Inst. Pool)		

Pool Program Descriptions:

The Aquatics Center Competition Pool has a maximum of 17, 25-yard lanes, available for member use.

Shallow Tone – This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or shoes are recommended.

Deep H2O Dynamics – This class is designed for the more proficient swimmers and is taught in 7ft. of water. With the assistance of cuffs and hand buoys, this class will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

NOTE: Lap swim and Aqua Fitness classes are for participants age 12 and up. Youth under the age of 12 may participate in programs if accompanied by a parent or legal guardian in the water.