



Fall Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

August 15th-September 5th, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Instructional Pool 7am-11:30am (6 lanes)		Lap Swim: Instructional Pool 5am-7:50am (6 lanes)	Lap Swim:	Lap Swim:		
	Aqua Fitness: Shallow Tone: 8:00am-8:55am (Instructional Pool)	Aqua Fitness: Shallow Tone: 8:00am-8:55am (Instructional Pool)	Aqua Fitness: Shallow Tone: 8:00am-8:55am (Instructional Pool)	Aqua Fitness: Shallow Tone: 8:00am-8:55am (Instructional Pool)	Aqua Fitness: Shallow Tone: 8:00am-8:55am (Instructional Pool)	Aqua Fitness: Shallow Tone: 8:00am-8:55am (Instructional Pool)
		Aqua Fitness: Shallow Tone: 12:00pm-12:55pm (Instructional Pool)		Aqua Fitness: Shallow Tone: 12:00pm-12:55pm (Instructional Pool)	Aqua Fitness: Shallow Tone: 12:00pm-12:55pm (Instructional Pool)	
	Lap Swim: Instructional Pool 6:30-7:30pm (4 lanes)	Aqua Fitness: Shallow Tone: 6:30pm-7:25pm (Instructional Pool)	Lap Swim: Instructional Pool 6:30-7:30pm (4 lanes)	Aqua Fitness: Shallow Tone: 6:30pm-7:25pm (Instructional Pool)		

**Pool is only available for lap swimming and aqua fitness at the times listed above.*

Aqua Fit Descriptions:

Aqua Fitness is free for CRC members. Youth 12+ are allowed to workout in aqua fitness classes. For additional information on our Aqua Fitness programming click [HERE](#).

Swim Lessons:

Please visit our [website](#) for more information on swim lessons.



Fall Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

August 15th – September 5th, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Competition Pool 7am-12pm (15 lanes) 12pm-5pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 5pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 5pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 5pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 5pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 5pm-8pm (14-17 lanes)	Lap Swim: Competition Pool 7am-12pm (14 lanes) 12pm-5pm (5 lanes)
	Aqua Fitness: Deep H2O Dynamics: 11:00am–11:55am (Competition Pool)	Aqua Fitness: Deep H2O Dynamics: 11:00am–11:55am (Competition Pool)	Aqua Fitness: Deep H2O Dynamics: 11:00am–11:55am (Competition Pool)	Aqua Fitness: Deep H2O Dynamics: 11:00am–11:55am (Competition Pool)	Aqua Fitness: Deep H2O Dynamics: 11:00am–11:55am (Competition Pool)	

Aqua Fit Descriptions:

For additional information on our Aqua Fitness programming click [HERE](#).

Swim Lessons:

Please visit our [website](#) for more information on swim lessons.

Lap Swimming during Recreation Swim:

Recreation swimming will be on weekends only. Please visit our [website](#) for more information on times and admission. Lap swimming in the competition pool between 12pm-5pm on weekends will be shared with recreation swimming. Lap lanes will only be available in the middle of the pool during weekend recreation swimming. CRC members are free, but all drop in lap swimmers must pay recreation admission fees during these hours.

Schedule Modifications:

Labor Day September 5th:

- Lap Swim: 7:00 AM-5:00 PM. *Limited lap swim lanes from 12:30-5:00 PM.*
- Recreation Swimming: 12:30 PM-5:00 PM.
- No Aqua Fitness.