



Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

Effective **June 10th, 2023-August 13th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Instructional Pool 7am-10am (6 Lanes)						
	Shallow Tone Class: 7:30am-8:25am (Instructional Pool)	Shallow Tone Class: 7:30am-8:25am (Instructional Pool)	Shallow Tone Class: 7:30am-8:25am (Instructional Pool)	Shallow Tone Class: 7:30am-8:25am (Instructional Pool)	Shallow Tone Class: 7:30am-8:25am (Instructional Pool)	Aqua Zumba Class: 8am-8:55am (Instructional Pool)
	Shallow Tone Class: 11:45am-12:40pm (Instructional Pool)	Shallow Tone Class: 11:45am-12:40pm (Instructional Pool)	Shallow Tone Class: 11:45am-12:40pm (Instructional Pool)	Shallow Tone Class: 11:45am-12:40pm (Instructional Pool)	Shallow Tone Class: 11:45am-12:40pm (Instructional Pool)	
		Shallow Tone: 6:45pm-7:40pm (Instructional Pool)		Shallow Tone: 6:45pm-7:40pm (Instructional Pool)		

**Pool is only available for lap swimming and aqua fitness at the times listed above. All other times the pool will be utilized for swim lessons and recreation swimming.*

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

Lap Swimming: For additional information click [HERE](#).

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

Recreation Swim: Recreation swimming will be open every day beginning on June 10th. Please visit our [website](#) for more information on times and admissions.



Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

Effective **June 10th, 2023-August 13th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Competition Pool 7am-10am (12-17 lanes) 1pm-5pm (5 lanes)	Lap Swim: Competition Pool 5am-1pm (8-17 lanes) 1pm-4pm (5 lanes) No lap swimming 4-4:30pm 4:30pm-8pm (5-8 lanes)	Lap Swim: Competition Pool 5am-1pm (8-17 lanes) 1pm-4pm (5 lanes) No lap swimming 4-4:30pm 4:30pm-8pm (5-8 lanes)	Lap Swim: Competition Pool 5am-1pm (8-17 lanes) 1pm-4pm (5 lanes) No lap swimming 4-4:30pm 4:30pm-8pm (5-8 lanes)	Lap Swim: Competition Pool 5am-1pm (8-17 lanes) 1pm-4pm (5 lanes) No lap swimming 4-4:30pm 4:30pm-8pm (5-8 lanes)	Lap Swim: Competition Pool 5am-1pm (8-17 lanes) 1pm-4pm (5 lanes) No lap swimming 4-4:30pm 4:30pm-8pm (5-8 lanes)	Lap Swim: Competition Pool 7am-1pm (12-17 lanes) 1pm-5pm (5 lanes)
	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11:00am-11:55am (Competition Pool)	

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

Lap Swimming: For additional information click [HERE](#).

Lap Swimming During Recreation Swim: Recreation swimming will be open every day beginning on June 10th. Lap swimming in the competition pool between 1pm-4pm on weekdays and 1pm-5pm on weekends will be shared with recreation swimming. Lap lanes are available in the middle of the pool. CRC members are free, but all drop in lap swimmers must pay recreation admission fees during these hours. Please note: No lap swimming from 4pm-4:30pm Monday-Friday.

Recreation Swim: Recreation swimming will be open every day beginning on June 10th. Please visit our [website](#) for more information on times and admission.

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

Schedule Modifications: Due to scheduled swim meets, only 5 lap lanes will be available on 6/24, 7/8, and 7/16. Lap swim on 7/15 and 7/22 will only be available from 5am-7am.