



# Fall CRC Pool Schedule

October 29<sup>th</sup> – December 30<sup>th</sup>, 2018

Updated 10/23/18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim:</b> 6:30am-7:30pm (3 lap lanes Open)	<b>Lap Swim:</b> 4:30am-7:30am (3 lap lanes Open)	<b>Lap Swim:</b> 4:30am-8:30am (3 lap lanes Open)	<b>Lap Swim:</b> 4:30am-7:30am (3 lap lanes Open)	<b>Lap Swim:</b> 4:30am-8:30am (3 lap lanes Open)	<b>Lap Swim:</b> 4:30am-7:30am (3 lap lanes Open)	<b>Lap Swim:</b> 6:30am-8:00am (3 lap lanes Open)
<b>Rec Swim:</b> 12:00pm-6:00pm (Slide/Play Area open)	<b>Shallow Tone:</b> <i>Inst: Cheryl</i> 7:30am-8:30am (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Stacy</i> 8:30am-9:30am (1 lap lane Open)	<b>Shallow Tone:</b> <i>Inst: Cheryl</i> 7:30am-8:30am (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Judy</i> 8:30am-9:30am (1 lap lane Open)	<b>Shallow Tone:</b> <i>Inst: Cheryl</i> 7:30am-8:30am (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Judy</i> 8:00am-9:00am (0 lap lanes)
	<b>Lap Swim:</b> 8:30am-11:45am (3 lap lanes Open)	<b>Lap Swim:</b> 9:30am-10:45am (3 lap lanes Open)	<b>Lap Swim:</b> 8:30am-11:45am (3 lap lanes Open)	<b>Lap Swim:</b> 9:30am-10:40am (3 lap lanes Open)	<b>Lap Swim:</b> 8:30am-10:30am (3 lap lanes Open)	<b>Swim Lessons:</b> 9:00am-11:45am (2 lanes/Play Area Open)
	<b>Shallow Tone:</b> <i>Inst: Helene</i> 11:45am-12:45pm (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Holly</i> 10:45am-11:45am (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Kim</i> 11:45am-12:45pm (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Kim</i> 10:45am-11:45am (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Riba</i> 10:30am-11:30am (0 lap lanes)	<b>Lap Swim:</b> 11:45am-7:30pm (3 lap lanes Open)
	<b>Lap Swim:</b> 12:45pm-3:45pm (3 lap lanes Open)	<b>Lap Swim:</b> 11:45am-3:45pm (3 lap lanes Open)	<b>Lap Swim:</b> 12:45pm-3:45pm (3 lap lanes Open)	<b>Lap Swim:</b> 11:45am-3:45pm (3 lap lanes Open)	<b>Lap Swim:</b> 11:30am-9:30pm (3 lap lanes Open)	<b>Rec Swim:</b> 12:00pm-6:00pm (Slide/Play Area open)
	<b>Rec Swim:</b> 1:00pm-3:00pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1:00pm-3:00pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1:00pm-3:00pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1:00pm-3:00pm (3 lanes/Play Area Open)	<b>Rec Swim:</b> 1:00pm-8:00pm (Play Area 1-8pm/Slide 4-8pm)	
	<b>Swim Lessons:</b> 3:45pm-6:30pm (2 lanes/Play Area Open)	<b>Swim Lessons:</b> 3:45pm-6:30pm (2 lanes/Play Area Open)	<b>Swim Lessons:</b> 3:45pm-6:30pm (2 lanes/Play Area Open)	<b>Swim Lessons:</b> 3:45pm-6:30pm (2 lanes/Play Area Open)		
	<b>Shallow Tone:</b> <i>Inst: Debbie/Sherry</i> 7:00pm-8:00pm (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Judy</i> 7:00pm-8:00pm (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Patti</i> 7:00pm-8:00pm (0 lap lanes)	<b>Shallow Tone:</b> <i>Inst: Helene</i> 7:00pm-8:00pm (0 lap lanes)	Note: Play feature water is turned on only during "Rec Swim". Slide is only on when "Slide" is indicated. Play feature water is not turned on during swim lessons.	
	<b>Lap Swim:</b> 8:00pm-9:30pm (3 lap lanes Open)	<b>Lap Swim:</b> 8:00pm-9:30pm (3 lap lanes Open)	<b>Lap Swim:</b> 8:00pm-9:30pm (3 lap lanes Open)	<b>Lap Swim:</b> 8:00pm-9:30pm (3 lap lanes Open)		

# Fall Aquatics Center Schedule

October 29<sup>th</sup> – December 30<sup>th</sup>, 2018

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

## Pool Program Descriptions

Updated 10/23/18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Lap Swim:</b> 5:00am-9:00am (17 lap lanes 5-9am)	<b>Lap Swim:</b> 5:00am-9:00am (17 lap lanes 5-5:45am) (13 lap lanes 5:45-7am) (17 lap lanes 7-9am)	<b>Lap Swim:</b> 5:00am-9:00am (17 lap lanes 5-5:45am) (13 lap lanes 5:45-7am) (17 lap lanes 7-9am)	<b>Lap Swim:</b> 5:00am-9:00am (17 lap lanes 5-9am)	<b>Lap Swim:</b> 5:00am-9:00am (17 lap lanes 5-5:45am) (13 lap lanes 5:45-7am) (17 lap lanes 7-9am)	<b>Lap Swim:</b> 7:00am-10:00am (11 lap lanes 7am) (7 lap lanes 7:30-9am) (14 lap lanes 9-10am) <b>Masters Swim:</b> 7:30am-8:45am
	<b>Shallow Tone:</b> <i>Inst: Riba</i> 8:00am – 9:00am <b>(Inst. Pool)</b>	<b>Hydro Aerobics:</b> <i>Inst: Sherry</i> 8:00am-9:00am <b>(Inst. Pool)</b>	<b>Shallow Tone:</b> <i>Inst: Helene</i> 8:00am-9:00am <b>(Inst. Pool)</b>	<b>Hydro Aerobics:</b> <i>Inst: Sherry</i> 8:00am-9:00am <b>(Inst. Pool)</b>	<b>Shallow Tone:</b> <i>Inst: Riba</i> 8:00am-9:00am <b>(Inst. Pool)</b>	
	<b>Deep H2O Dynamics:</b> <i>Inst: Robin</i> 11:00am-12:00pm <b>(Comp. Pool)</b>	<b>Deep H2O Dynamics:</b> <i>Inst: Robin</i> 11:00am-12:00pm <b>(Comp. Pool)</b>	<b>Deep H2O Dynamics:</b> <i>Inst: Robin</i> 11:00am-12:00pm <b>(Comp. Pool)</b>	<b>Deep H2O Dynamics:</b> <i>Inst: Kelly</i> 11:00am-12:00pm <b>(Comp. Pool)</b>	<b>Deep H2O Dynamics:</b> <i>Inst: Kelly</i> 11:00am-12:00pm <b>(Comp. Pool)</b>	
	<b>Lap Swim:</b> 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	<b>Lap Swim:</b> 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	<b>Lap Swim:</b> 11:00am-1:30pm (10 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)  <b>Masters Swim:</b> 11:00am-12:00pm	<b>Lap Swim:</b> 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	<b>Lap Swim:</b> 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	
	<b>Lap Swim:</b> 5:00pm-8:00pm (2 lap Lanes 5-6:30pm) (6 lap lanes 6:30-7pm) (13 lap lanes 7-9pm)  <b>Masters Swim:</b> 6:45pm-8:00pm	<b>Masters Swim:</b> 6:45pm-8:00pm	<b>Lap Swim:</b> 5:00pm-8:00pm (2 lap Lanes 5-6:30pm) (6 lap lanes 6:30-7pm) (17 lap lanes 7-9pm)		<b>Lap Swim:</b> 5:00pm-8:00pm (2 lap lanes 5-6pm) (12 lap lanes 6-7pm) (17 lap lanes 7-9pm)	

**Lap Swim** – The CRC Pool has a maximum of 3, 20-yard lanes for lap swim use. The Aquatics Center Competition Pool has a maximum of 17, 25-yard lanes, available for member use.

**Hydro Aerobics** – Designed for all levels of fitness, Hydro Aerobics uses shallow water to provide a fun workout designed to develop and improve both heart and lung capacity.

**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. Deep Aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

**Recreation Swim** – Available year-round at the CRC Pool and is available at the Aquatics Center during the Summer months. Children 10 or under must be accompanied by a responsible person over the age of 16.

**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.

Evening lap swim at the AC will run 5:00pm – 9:00pm until Monday, November 5, 2018.