



Summer Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

Effective August 5th-August 14th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Instructional Pool 7am-11:30am (6 lanes)		Lap Swim: Instructional Pool 5am-7:15am (6 lanes)		Lap Swim: Instructional Pool 5am-7:15am (6 lanes)		
	Aqua Fitness: Shallow Tone: 7:30am-8:25am (Instructional Pool)	Aqua Fitness: Shallow Tone: 7:30am-8:25am (Instructional Pool)	Aqua Fitness: Shallow Tone: 7:30am-8:25am (Instructional Pool)	Aqua Fitness: Shallow Tone: 7:30am-8:25am (Instructional Pool)	Aqua Fitness: Shallow Tone: 7:30am-8:25am (Instructional Pool)	Aqua Fitness: Shallow Tone: 7:30am-8:25am (Instructional Pool)
		Aqua Fitness: *Shallow Tone: 11:30am-12:20pm (Instructional Pool)		Aqua Fitness: *Shallow Tone: 11:30am-12:20pm (Instructional Pool)	Aqua Fitness: *Shallow Tone: 11:30am-12:20pm (Instructional Pool)	
		Shallow Tone: 6:30pm-7:25pm (Instructional Pool)		Shallow Tone: 6:30pm-7:25pm (Instructional 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.

Recreation Swim: Recreation swimming will be open every day beginning on June 6th. Please visit our [website](#) for more information on times and admission.



Summer Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

Effective August 5th-August 14th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Competition Pool 7am-12pm (15 lanes) 12pm-5pm (5 lanes)	Lap Swim: Competition Pool 5am-12pm (14-17 lanes) 12pm-4pm (5 lanes) 5pm-8pm (10-12 lanes)	Lap Swim: Competition Pool 5am-12pm (14-17 lanes) 12pm-4pm (5 lanes) 5pm-8pm (10-12 lanes)	Lap Swim: Competition Pool 5am-12pm (14-17 lanes) 12pm-4pm (5 lanes) 5pm-8pm (10-12 lanes)	Lap Swim: Competition Pool 5am-12pm (14-17 lanes) 12pm-4pm (5 lanes) 5pm-8pm (10-12 lanes)	Lap Swim: Competition Pool 5am-12pm (14-17 lanes) 12pm-4 (5 lanes) 4pm-8pm (14-17 lanes)	Lap Swim: Competition Pool 7am-12pm (15 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 opened on weekdays until August 14th. Please visit our [website](#) for more information on times and admission. Lap swimming in the competition pool between 12pm-4pm on weekdays and 12pm-5pm on weekends will be shared with recreation swimming. Lap lanes will only be 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.