Fall CRC Pool Schedule

(November 1st – December 30th, 2013)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: 8am-5:30pm (3 lap lanes Open)	*Lap Swim:* 5am-6:55am (3 lap lanes Open)	*Lap Swim:* 5am-8:25am (3 lap lanes Open)	*Lap Swim:* 5am-6:55am (3 lap lanes Open)	*Lap Swim:* 5am-8:25am (3 lap lanes Open)	*Lap Swim:* 5am-6:55am (3 lap lanes Open)	*Lap Swim:* 6:30am-7:55am (3 lap lanes Open)
Rec Swim: 12pm-5pm (Slide/Play Area open)	Beginner Sculpt: *Inst: Cheryl* 7am-8am (1 lap lane Open)	Beginner Sculpt: *Inst: Stacy* 8:30am-9:30am (1 lap lane Open)	Beginner Sculpt: *Inst: Cheryl* 7am-8am (1 lap lane Open)	Beginner Sculpt: *Inst: Judy* 8:30am-9:30am (1 lap lane Open)	Beginner Sculpt: *Inst: Cheryl* 7am-8am (1 lap lane Open)	Shallow Tone: *Inst: Judy* 8am-9am (0 lap lane Open)
	Lap Swim: 8am-11:40am (3 lap lanes Open)	*Lap Swim:* 9:30am-10:40am (3 lap lanes Open)	*Lap Swim:* 8am-11:40am (3 lap lanes Open)	*Lap Swim:* 9:30am-10:40am (3 lap lanes Open)	*Lap Swim:* 8am-11:40am (3 lap lanes Open)	Swim Lessons: 9:00am-11:50am (2 lanes/Play Area Open)
	Shallow Tone: *Inst: Jennifer G.* 11:45am-12:45pm (0 lap lanes)	Shallow Tone: *Inst: Jennifer C.* 10:45am-11:45am (0 lap lanes)	Shallow Tone: *Inst: Stacy* 11:45am-12:45pm (0 lap lanes)	Shallow Tone: *Inst: Jennifer C.* 10:45am-11:45am (0 lap lanes)	Shallow Tone: *Inst: Jennifer G.* 11:45am-12:45pm (0 lap lanes)	*Lap Swim:* 11:50am-7:30pm (3 lap lanes Open)
	Lap Swim: 12:45pm-3:45pm (Play Area Open)	*Lap Swim:* 11:45am-3:45pm (Play Area Open)	*Lap Swim:* 12:45pm-3:45pm (Play Area Open)	*Lap Swim:* 11:45am-3:45pm (Play Area Open)	*Lap Swim:* 12:45pm-9:30pm (Play Area Open)	Rec Swim: 12pm-6pm (Slide/Play Area open)
	Rec Swim: 1pm-3pm (3 lanes/Play Area Open)	Rec Swim: 1pm-3pm (3 lanes/Play Area Open)	Rec Swim: 1pm-3pm (3 lanes/Play Area Open)	Rec Swim: 1pm-3pm (3 lanes/Play Area Open)	Rec Swim: 1pm-8pm (Slide/Play Area Open 4-8pm)	
				Adapt. Rec. Swim 3:30pm – 4:30pm		
	Swim Lessons: 3:40pm-6:30pm (2 lanes/Play Area Open)	Swim Lessons: 3:40pm-6:30pm (2 lanes/Play Area Open)	Swim Lessons: 3:40pm-6:30pm (2 lanes/Play Area Open)	Swim Lessons: 3:40pm-6:30pm (2 lanes/Play Area Open)		
	Rec Swim: 5:30pm-6:55pm (2 lanes/Play Area Open)	Rec Swim: 5:30pm-6:55pm (2 lanes/Play Area Open)	Rec Swim: 5:30pm-6:55pm (2 lanes/Play Area Open)	Rec Swim: 5:30pm-6:55pm (2 lanes/Play Area Open)		
	Lap Swim: 6:30pm-6:55pm (3 lanes/Play Area Open)	*Lap Swim:* 6:30pm-6:55pm (3 lanes/Play Area Open)	*Lap Swim:* 6:30pm-6:55pm (3 lanes/Play Area Open)	*Lap Swim:* 6:30pm-6:55pm (3 lanes/Play Area Open)		
	Shallow Tone: *Inst: Judy* 7pm - 8pm (0 lap lanes Open)	Shallow Tone: *Inst: Susan* 7pm - 8pm (0 lap lanes Open)	Shallow Tone: *Inst: Judy* 7pm - 8pm (0 lap lanes Open)	Shallow Tone: *Inst: Theresa* 7pm - 8pm (0 lap lanes Open)	Note: Playground area is turned on only during "Rec Swim". Slide is only on when "Slide" is indicated. Playground is not turned on during swim lessons.	
	Lap Swim: 8pm-9:30pm (3 lap lanes Open)	*Lap Swim:* 8pm-9:30pm (3 lap lanes Open)	*Lap Swim:* 8pm-9:30pm (3 lap lanes Open)	*Lap Swim:* 8pm-9:30pm (3 lap lanes Open)		

Fall Aquatics Center Schedule

November 1st – December 30th, 2013

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

Pool Program Descriptions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim: 5am-8:00am (17 lap lanes 5-5:30am) (9 lap lanes 5:30-8am)	*Lap Swim:* 5am-8:00am (17 lap lanes 5-5:30am) (9 lap lanes 5:30-8am)	*Lap Swim:* 5am-8:00am (17 lap lanes 5-5:30am) (9 lap lanes 5:30-8am)	*Lap Swim:* 5am-8:00am (17 lap lanes 5-5:30am) (9 lap lanes 5:30-8am)	*Lap Swim:* 5am-8:00am (17 lap lanes 5-5:30am) (9 lap lanes 6-8am)	*Lap Swim:* 7am-10am (5 lap lanes Open)
	Shallow Tone: *Inst: Susan* 8:00am – 9:00am **(Inst. Pool)**		Shallow Tone: *Inst: Susan* 8:00am – 9:00am **(Inst. Pool)**		Shallow Tone: *Inst: Jennifer G.* 8:00am – 9:00am **(Inst. Pool)**	
	Deep H2o Dynamics: *Inst: Stacy* 11am - 12pm **(Comp. Pool)**	Deep H2o Dynamics: *Inst: Stacy* 11am - 12pm **(Comp. Pool)**	Deep H2o Dynamics: *Inst: Robin* 11am - 12pm **(Comp. Pool)**	Deep H2o Dynamics: *Inst: Robin* 11am - 12pm **(Comp. Pool)**	Deep H2o Dynamics: *Inst: Robin* 11am - 12pm **(Comp. Pool)**	
	Lap Swim: 11:00am-1:30pm (10 lap lanes Open)	*Lap Swim:* 11:00am-1:30pm (10 lap lanes Open)	*Lap Swim:* 11:00am-1:30pm (10 lap lanes Open)	*Lap Swim:* 11:00am-1:30pm (10 lap lanes Open)	*Lap Swim:* 11:00am-1:30pm (10 lap lanes Open)	
	Lap Swim: 5:00pm-8:00pm (4 lap Lanes 5-7pm) (11 lap Lanes 7-8pm)		*Lap Swim:* 5:00pm-8:00pm (4 lap Lanes 5-7pm) (11 lap Lanes 7-8pm)		*Lap Swim:* 5:00pm-8:00pm (4 lap Lanes 5-7pm) (11 lap Lanes 630-8pm)	

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. Note: On a limited basis the Competition Pool may be setup Long Course with up to 4, 50 meter lanes for lap swim use. ***(*Long Course Lap Swim begins April 10, 2013 and ends July 25, 2013)***

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.

Beginner Sculpt – A gentle cardiovascular and muscle toning class geared for the novice participant. Aqua socks or shoes are recommended.

Deep H20 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.

Long Course – If indicated lap swim will utilize the pools 50 meter length on these days.

Aquatics Center Summer Recreation Swim opens on weekends on May 25 and for 7 days a week operation on June 1.

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.