



Fall CRC Pool Schedule

October 30 – December 31, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: 8am-5:30pm (3 lap lanes Open)	Lap Swim: 5:00am-7:30am (3 lap lanes Open)	Lap Swim: 5:00am-8:30am (3 lap lanes Open)	Lap Swim: 5:00am-7:30am (3 lap lanes Open)	Lap Swim: 5:00am-8:30am (3 lap lanes Open)	Lap Swim: 5:00am-7:30am (3 lap lanes Open)	Lap Swim: 6:30am-7:55am (3 lap lanes Open)
Rec Swim: 12pm-5pm (Slide/Play Area open)	Shallow Tone: <i>Inst: Cheryl</i> 7:30am-8:30am (0 lap lanes)	Shallow Tone: <i>Inst: Stacy</i> 8:30am-9:30am (1 lap lane)	Shallow Tone: <i>Inst: Cheryl</i> 7:30am-8:30am (0 lap lanes)	Shallow Tone: <i>Inst: Judy</i> 8:30am-9:30am (1 lap lane)	Shallow Tone: <i>Inst: Cheryl</i> 7:30am-8:30am (0 lap lanes)	Shallow Tone: <i>Inst: Judy</i> 8:00am-9:00am (0 lap lanes)
	Lap Swim: 8:30am-11:45am (3 lanes/Play Area Open)	Lap Swim: 9:30am-10:45am (3 lanes/Play Area Open)	Lap Swim: 8:30am-11:45am (3 lanes/Play Area Open)	Lap Swim: 9:30am-10:45am (3 lanes/Play Area Open)	Lap Swim: 8:30am-10:30am (3 lanes/Play Area Open)	
						Swim Lessons: 9:00am-11:30am
	Shallow Tone: <i>Inst: Helene</i> 11:45am-12:45pm (0 lap lanes)	Shallow Tone: <i>Inst: Holly</i> 10:45am-11:45am (0 lap lanes)	Shallow Tone: <i>Inst: Kim</i> 11:45am-12:45pm (0 lap lanes)	Shallow Tone: <i>Inst: Nick</i> 10:45am-11:45am (0 lap lanes)	Shallow Tone: <i>Inst: Riba</i> 10:30am-11:30am (0 lap lanes)	Lap Swim: 9:00am-7:30pm (3 lap lanes Open)
	Lap Swim: 12:45pm-3:45pm (3 lanes/Play Area Open)	Lap Swim: 11:45am-3:45pm (3 lanes/Play Area Open)	Lap Swim: 12:45pm-3:45pm (3 lanes/Play Area Open)	Lap Swim: 11:45am-3:45pm (3 lanes/Play Area Open)	Lap Swim: 11:30am-9:30pm (3 lanes/Play Area Open)	Rec Swim: 12:00pm-6:00pm (Slide/Play Area open)
	Rec Swim: 1:00pm-3:00pm (3 lanes/Play Area Open)	Rec Swim: 1:00pm-3:00pm (3 lanes/Play Area Open)	Rec Swim: 1:00pm-3:00pm (3 lanes/Play Area Open)	Rec Swim: 1:00pm-3:00pm (3 lanes/Play Area Open)	Rec Swim: 1:00pm-8:00pm (Slide/Play Area Open 4-8pm)	
	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)		
	Shallow Tone: <i>Inst: Patti/Sherry</i> 7:00pm – 8:00pm (0 lap lanes)	Shallow Tone: <i>Inst: Judy/Kim</i> 7:00pm – 8:00pm (0 lap lanes)	Shallow Tone: <i>Inst: Patti</i> 7:00pm – 8:00pm (0 lap lanes)	Shallow Tone: <i>Inst: Helene</i> 7:00pm – 8:00pm (0 lap lanes)		
	Lap Swim: 8:00pm-9:30pm (3 lanes/Play Area Open)	Lap Swim: 8:00pm-9:30pm (3 lanes/Play Area Open)	Lap Swim: 8:00pm-9:30pm (3 lanes/Play Area Open)	Lap Swim: 8:00pm-9:30pm (3 lanes/Play Area 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.

Fall Aquatics Center Schedule

October 30 – December 31, 2017

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

Pool Program Descriptions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim: 5:00am-9:00am (17 lap lanes 5-6am) (9 lap lanes 6-8am) (17 lap lanes 8-9am)	Lap Swim: 5:00am-9:00am (17 lap lanes 5-6am) (9 lap lanes 6-8am) (17 lap lanes 8-9am)	Lap Swim: 5:00am-9:00am (13 lap lanes 5-6am) (9 lap lanes 6-8am) (17 lap lanes 8-9am)	Lap Swim: 5:00am-9:00am (17 lap lanes 5-6am) (9 lap lanes 6-8am) (17 lap lanes 8-9am)	Lap Swim: 5:00am-9:00am (13 lap lanes 5-6am) (9 lap lanes 6-8am) (17 lap lanes 8-9am)	Lap Swim: 7:00am-10:00am (17 lap lanes 7-7:30am) (5 lap lanes 7:30-10am) Masters: 7:30am-8:45am
	Shallow Tone: <i>Inst: Riba</i> 8:00am-9:00am (Inst. Pool)	Hydro Aerobics: <i>Inst: Sherry</i> 8:00am-9:00am (Inst. Pool)	Shallow Tone: <i>Inst: Riba</i> 8:00am-9:00am (Inst. Pool)	Hydro Aerobics: <i>Inst: Sherry</i> 8:00am-9:00am (Inst. Pool)	Shallow Tone: <i>Inst: Sherry</i> 8:00am-9:00am (Inst. Pool)	
	Deep H2o Dynamics: <i>Inst: Nick</i> 11:00am-12:00pm (Comp. Pool)	Deep H2o Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool)	Deep H2o Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool)	Deep H2o Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool)	Deep H2o Dynamics: <i>Inst: Robin</i> 11:00am-12:00pm (Comp. Pool)	
	Lap Swim: 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	Lap Swim: 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	Lap Swim: 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	Lap Swim: 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	Lap Swim: 11:00am-1:30pm (14 lap lanes 11-12pm) (17 lap lanes 12-1:30pm)	
	Lap Swim: (2 lap Lanes 5-6pm) (4 lap Lanes 6-7pm) (10 lap lanes 7-9pm) Masters: 6:45pm-8:00pm	Masters: 6:45pm-8:00pm	Lap Swim: (2 lap lanes 5-6pm) (4 lap lanes 6-7pm) (10 lap lanes 7-9pm) Masters: 11:00am-12:00pm		Lap Swim: (4 lap Lanes 5-6:30pm) (10 lanes 6:30-7p) (17 lanes 7-9p)	

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 6th, 2017.