



# Spring Lap Swim & Aqua Fit Aquatics Center Schedule

## Shallow Pool (Instructional Pool)

Effective April 29<sup>th</sup>-June 5<sup>th</sup> 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim:</b>  <b>Instructional Pool</b> 7am-1pm (6 lanes)	<b>Lap Swim:</b>  <b>Instructional Pool</b> 9am-12pm (6 lanes) 1pm-1:30pm (6 lanes)  6:30pm-7:30pm (3 lanes)	<b>Lap Swim:</b>  <b>Instructional Pool</b> 5am-8am (6 lanes)  9am-12pm (6 lanes) 1pm-1:30pm (6 lanes)  6:30pm-7:30pm (6 lanes)	<b>Lap Swim:</b>  <b>Instructional Pool</b> 9am-12pm (6 lanes) 1pm-1:30pm (6 lanes)  6:30pm-7:30pm (3 lanes)	<b>Lap Swim:</b>  <b>Instructional Pool</b> 5am-8am (6 lanes)  9am-12pm (6 lanes) 1pm-1:30pm (6 lanes)  6:30-7:30pm (6 lanes)	<b>Lap Swim:</b>  <b>Instructional Pool</b> 9am-12pm (6 lanes) 1pm-1:30pm (6 lanes)  5pm-6pm (4 lanes)	<b>Lap Swim:</b>  <b>Instructional Pool</b> 9am-11am (4 lanes) 11am-1pm (6 lanes)
	<b>Aqua Fitness:</b>  <b>Shallow Tone:</b> 8am-9am <b>(Inst. Pool)</b>  <b>Shallow Tone:</b> 12pm-1pm <b>(Inst. Pool)</b>	<b>Aqua Fitness:</b>  <b>Shallow Tone:</b> 8am-9am <b>(Inst. Pool)</b>  <b>Shallow Tone:</b> 12pm-1pm <b>(Inst. Pool)</b>	<b>Aqua Fitness:</b>  <b>Shallow Tone:</b> 8am-9am <b>(Inst. Pool)</b>  <b>Shallow Tone:</b> 12pm-1pm <b>(Inst. Pool)</b>	<b>Aqua Fitness:</b>  <b>Shallow Tone:</b> 8am-9am <b>(Inst. Pool)</b>  <b>Shallow Tone:</b> 12pm-1pm <b>(Inst. Pool)</b>	<b>Aqua Fitness:</b>  <b>Shallow Tone:</b> 8am-9am <b>(Inst. Pool)</b>  <b>Shallow Tone:</b> 12pm-1pm <b>(Inst. Pool)</b>	<b>Aqua Fitness:</b>  <b>Shallow Tone:</b> 8am-9am <b>(Inst. Pool)</b>

### Swim Lessons:

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

### CRC Pool:

Click [here](#) for the indoor pool schedule.

### Modified Programming:

Memorial Day (Monday, May 30): Lap Swimming open in Competition Pool from 7am-1pm and Instructional Pool 9am-12pm. Normal Monday Aqua Fitness Classes will be held (8am; 12pm and 11am Deep Water). Pool closes at 1pm.



# Spring Lap Swim & Aqua Fit Aquatics Center Schedule

## Deep Pool (Competition Pool)

Effective April 29<sup>th</sup>-June 5<sup>th</sup> 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim:</b>  <b>Comp Pool</b>  7am-1pm (16 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (16 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  7am-8:30am (17 lanes) 8:30-11:30am (11 lanes) 11:30am-1pm (14 lanes)
	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	

### Pool Program Descriptions:

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

**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. Schedule subject to change.

### CRC Pool:

Click [here](#) for the indoor pool schedule.

### Modified Programming:

Memorial Day (Monday, May 30): Lap Swimming open in Competition Pool from 7am-1pm and Instructional Pool 9am-12pm. Normal Monday Aqua Fitness Classes will be held (8am; 12pm and 11am Deep Water). Pool closes at 1pm.