

CMRC Pool Schedule January 2012—Updated

Lap Swim—All lanes will be available for continuous lap swimming, lap jogging or lap walking.. Be prepared to share a lane. For ages 12 years and over.
Open Water- Three (3) lanes will be available for self-paced individual water exercise and recreation swim for all ages. Three lanes will be available for lap swimming. Children age 12 years and under need to be accompanied by an adult at all times. Proper swim attire must be worn at all times while in pool area.
Water Aerobics - Water Aerobics classes are included with your membership, non members may purchase temporary participant bands. If you are attending water aerobics you must scan in, sign in, and receive a participant band. Participants are accepted on a first come-first serve basis and each class will be considered full once all bands have been distributed. For ages 16 and over. 14 & 15 year olds may attend classes if parent/guardian is present in the class with them. One lane will be available for lap swimming.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 10:00-11:50p Lap Swim 12:00-2:50p Open Water 3:00-5:45p Lap Swim	3 5:30-6:20a Boot Camp H20 6:30-9:50a Lap Swim 10:00-10:50a Relief & Therapy 11:00a-3:50p Lap Swim 4:00-5:50p Open Water 6:00-6:50p Guts & Glutes 7:00-7:50p Hydro Kickboxing 8:00-9:45p Lap Swim	4 5:30-8:20a Lap Swim 8:30-9:20a Guts & Glutes 9:30-10:20a Move It & Lose It 10:30-11:20a Move It & Lose It + 11:30a-5:50p Lap Swim 6:00-6:50p Move It & Lose It 7:00-7:50p Move It & Lose It 8:00-9:45p Open Water	5 5:30-6:20a Boot Camp H20 6:30-9:50a Lap Swim 10:00-10:50a Relief & Therapy 11:00a-3:50p Lap Swim 4:00-5:50p Open Water 6:00-6:50p Guts & Glutes 7:00-7:50p Hydro Kickboxing 8:00-9:45p Lap Swim	6 5:30-8:20a Lap Swim 8:30-9:20a Guts & Glutes 9:30-10:20a Move It & Lose It 10:30-11:20a Move It & Lose It + 11:30-3:50p Lap Swim 4:00p-5:50p Open Water 6:00-845p Lap Swim	7 7:15-8:20a Combo 8:30-2:50p Open Water 3:00-6:45p Lap Swim
8 10:00-11:50p Lap Swim 12:00-2:50p Open Water 3:00-5:45p Lap Swim	9 5:30-8:20a Lap Swim 8:30-9:20a Guts & Glutes 9:30-10:20a Move It & Lose It 10:30-11:20a Move It & Lose It + 11:30a-5:50p Lap Swim 6:00-6:50p Move It & Lose It 7:00-7:50p Move It & Lose It 8:00-9:45p Open Water	10 5:30-6:20a Boot Camp H20 6:30-9:50a Lap Swim 10:00-10:50a Relief & Therapy 11:00a-3:50p Lap Swim 4:00-5:50p Open Water 6:00-6:50p Guts & Glutes 7:00-7:50p Hydro Kickboxing 8:00-9:45p Lap Swim	11 5:30-8:20a Lap Swim 8:30-9:20a Guts & Glutes 9:30-10:20a Move It & Lose It 10:30-11:20a Move It & Lose It + 11:30a-5:50p Lap Swim 6:00-6:50p Move It & Lose It 7:00-7:50p Move It & Lose It 8:00-9:45p Open Water	12 5:30-6:20a Boot Camp H20 6:30-9:50a Lap Swim 10:00-10:50a Relief & Therapy 11:00a-3:50p Lap Swim 4:00-5:50p Open Water 6:00-6:50p Guts & Glutes 7:00-7:50p Hydro Kickboxing 8:00-9:45p Lap Swim	13 5:30-8:20a Lap Swim 8:30-9:20a Guts & Glutes 9:30-10:20a Move It & Lose It 10:30-11:20a Move It & Lose It 11:30-3:50p Lap Swim 4:00p-5:50p Open Water 6:00-845p Lap Swim	14 7:15-8:20a Combo 8:30-11:50a Swim Lessons 12:00-2:50p Open Water 3:00-6:45p Lap Swim
15 10:00-11:50p Lap Swim 12:00-2:50p Open Water 3:00-5:45p Lap Swim	16 Martin Luther King Day 10:00-11:50p Lap Swim 12:00-2:50p Open Water 3:00-5:45p Lap Swim	17 5:30-6:20a Boot Camp H20 6:30-9:50a Lap Swim 10:00-10:50a Relief & Therapy 11:00a-3:50p Lap Swim 4:00-5:50p Open Water 6:00-6:50p Guts & Glutes 7:00-7:50p Hydro Kickboxing 8:00-9:45p Lap Swim	18 8:30-9:20a Guts & Glutes 9:30-10:20a Move It & Lose It 10:30-11:20a Move It & Lose It + 11:30a-5:50p Lap Swim 6:00-6:50p Move It & Lose It 7:00-7:50p Move It & Lose It 8:00-9:45p Open Water	19 5:30-6:20a Boot Camp H20 6:30-9:50a Lap Swim 10:00-10:50a Relief & Therapy 11:00a-3:50p Lap Swim 4:00-5:50p Open Water 6:00-6:50p Guts & Glutes 7:00-7:50p Hydro Kickboxing 8:00-9:45p Lap Swim	20 5:30-8:20a Lap Swim 8:30-9:20a Guts & Glutes 9:30-10:20a Move It & Lose It 10:30-11:20a Move It & Lose It 11:30-3:50p Lap Swim 4:00p-5:50p Open Water 6:00-845p Lap Swim	21 7:15-8:20a Combo 8:30-11:50a Swim Lessons 12:00-2:50p Open Water 3:00-6:45p Lap Swim
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