

# Clay Madsen Recreation Center Pool Schedule: Spring 2016

(Effective January 4-May 27, 2016)

	Sunday 10:30-5:30pm	Monday 5:30-9:30pm	Tuesday 5:30-9:30pm	Wednesday 5:30-9:30pm	Thursday 5:30-9:30pm	Friday 5:30-8:30pm	Saturday 7:30-6:30pm
5:00 AM		Aqua S-Wet (3 lanes) 5:30-6:20am	Lap Swim 5:30-9:20am	Aqua S-Wet (3 lanes) 5:30-6:20am	Lap Swim 5:30-9:20am	Aqua S-Wet (3 lanes) 5:30-6:20am	
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM		Lap Swim 6:30-8:20am	Lap Swim 5:30-9:20am	Lap Swim 6:30-8:20am	Lap Swim 5:30-9:20am	Lap Swim 6:30-9:20am	Lap Swim 7:30-8:50am
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM	Lap Swim 10:30-11:50am	Aqua Fit 9:30-10:20am	Aqua Tone 9:30-10:20am	Aqua Fit 9:30-10:20am	Aqua Tone 9:30-10:20am	Aqua Fit 9:30-10:20am	Swim Lessons 9:00-12:30pm
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Open Swim 12:00-2:50pm	Aqua Core 10:30-11:20am	Aqua Energizer 10:30-11:20am	Aqua Core 10:30-11:20am	Aqua Energizer 10:30-11:20am	Lap Swim 10:30-2:50pm	Open Swim 12:45-2:50pm
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Lap Swim 3:00-5:30pm	Lap Swim 11:30am-5:50pm	Lap Swim 11:30am-4:20pm	Lap Swim 11:30am-5:50pm	Lap Swim 11:30am-4:20pm	Open Swim 3:00-3:50pm	Lap Swim 3:00-6:30pm
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM		Swim Lessons 4:30-5:50pm	Aqua Zumba 6:00-6:50pm	Aqua Boot Camp 6:00-6:50pm	Aqua Zumba 6:00-6:50pm	Lap Swim 4:00-8:30pm	
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	Lap Swim 7:00-9:30pm	Aqua Power/Tabata 7:00-7:50pm	Swim Lessons 7:00-8:50pm	Aqua Power/Tabata 7:00-7:50pm	Lap Swim 8:00-9:30pm		
8:30 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM		Lap Swim 8:00-9:30pm	Lap Swim 8:00-9:30pm	Lap Swim 8:00-9:30pm			

Schedule is subject to change.

Please refer to Program Guide for specific Swim Lesson dates. Lane usage will be based on the size of the class. Average lane usage is 2-3 lanes. Remainder of lanes are designated for lap swim.

Please see CMRC front desk team for Group & Aqua Exercise Rules & Guidelines.  
One lane will always be available to lap swimmers. Please be prepared to share a lane.  
CMRC Pool closes 30 minutes prior to Rec Center closing.