

Clay Madsen Recreation Center Pool Schedule: Fall 2016

(Effective September 6 - December 16, 2016)

updated 10.4.16

	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							
5:30 AM		Aqua S-Wet (3 lanes) 5:30-6:20am		Aqua S-Wet (3 lanes) 5:30-6:20am		Aqua S-Wet (3 lanes) 5:30-6:20am	
6:00 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	
6:30 AM							
7:00 AM							Lap Swim 7:30-8:50am
7:30 AM							
8:00 AM		D.A.F. 8:30-9:20am		D.A.F. 8:30-9:20am			
8:30 AM		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	
9:00 AM							Swim Lessons 9:00-12:30pm
9:30 AM							
10:00 AM		Aqua Core 10:30-11:20am	Lap Swim 10:30am-4:20pm	Aqua Core 10:30-11:20am	Lap Swim 10:30am-4:20pm	Lap Swim 10:30-2:50pm	
10:30 AM	Lap Swim 10:30-11:50am						
11:00 AM		Lap Swim 11:30am-5:50pm	Swim Lessons - TBA 4:30-5:50pm	Swim Lessons - TBA 4:30-5:50pm	Swim Lessons - TBA 4:30-5:50pm	Open Swim 3:00-3:50pm	Open Swim 12:45-2:50pm
11:30 AM							
12:00 PM							
12:30 PM	Open Swim 12:00-2:50pm						
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Lap Swim 3:00-5:30pm						
4:30 PM							Lap Swim 3:00-6:30pm
5:00 PM							
5:30 PM							
6:00 PM		Aqua Power 6:00-6:50pm	Aqua Zumba 6:00-6:50pm	Aqua S-Wet 6:00-6:50pm	Aqua Zumba 6:00-6:50pm	Lap Swim 4:00-8:30pm	
6:30 PM							
7:00 PM			Aqua Power/Tabata 7:00-7:50pm	Swim Lessons - TBA 7:00-8:50pm	Aqua Power/Tabata 7:00-7:50pm		
7:30 PM							
8:00 PM		Lap Swim 7:00-9:30pm	Lap Swim 8:00-9:30pm		Lap Swim 8:00-9:30pm		
8:30 PM							
9:00 PM							
9:30 PM				Lap Swim 9:00-9:30pm			
10:00 PM							

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.