

Clay Madsen Recreation Center Pool Schedule: fall/winter/spring

(Effective October 2017 thru Spring 2018)

updated 9.27.17

	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							
6:30 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	
7:00 AM							Lap Swim 7:30-8:50am
7:30 AM							
8:00 AM		Deep Aqua Fit 8:30-9:20am		Deep Aqua Fit 8:30-9:20am			
8:30 AM							
9:00 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	
9:30 AM							Swim Lessons 9:00-12:30pm
10:00 AM							
10:30 AM	Lap Swim 10:30-11:50am	Aqua Core 10:30-11:20am		Aqua Core 10:30-11:20am			
11:00 AM							
11:30 AM							
12:00 PM						Lap Swim 10:30-2:50pm	
12:30 PM							
1:00 PM	Open Swim 12:00-2:50pm	Lap Swim 11:30am-5:50pm	Lap Swim 10:30am-5:50pm	Lap Swim 11:30am-5:50pm	Lap Swim 10:30am-5:50pm		Open Swim 12:45-2:50pm
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM						Open Swim 3:00-3:50pm	
3:30 PM							
4:00 PM	Lap Swim 3:00-5:30pm						Lap Swim 3:00-6:30pm
4:30 PM							
5:00 PM		Swim Lessons 5:00-7:45pm <i>(7-7:45p 2 lanes)</i>		Swim Lessons 5:00-7:45pm <i>(7-7:45p 2 lanes)</i>			
5:30 PM			Aqua Zumba 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		Aqua Power/Tabata 7:00-7:50pm <i>(2 lanes - Max 15/class)</i>		Aqua Power/Tabata 7:00-7:50pm <i>(2 lanes - Max 15/class)</i>			
7:30 PM							
8:00 PM			Lap Swim 7:00-9:30pm		Lap Swim 7:00-9:30pm		
8:30 PM		Lap Swim 8:00-9:30pm		Lap Swim 8:00-9:30pm			
9:00 PM							
9:30 PM							
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 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.

Lap Swim: Lanes will be available for continuous lap swimming, lap jogging, or water walking during scheduled Lap Swim Hours. At least one Lap Lane will be available during all Water Aerobic and Swim Lesson classes. Three lanes will be available during scheduled Open/Recreation Swim times. *DURING SCHEDULED PROGRAMS AND PEAK TIMES THERE WILL BE LIMITED LANES AVAILABLE. BE PREPARED TO SHARE A LANE.* Lap Swim is for ages 12+

Lap Pool Rules and Etiquette

- 1.) Make note of lanes where other swimmers are going “fast,” “medium,” and “slow.” and which lanes are least full. Select a lane congruent to your abilities and space available.
 - 2.) All lap swimmers are required to share a lane up to the capacity of three swimmers.
 - 3.) Before entering the pool, please inform other swimmers that you will be joining the lane and discuss how to share the lane before starting your laps.
 - 4.) Select a lane most congruent to your preferred swimming speed and abilities.
 - 5.) If you need to pass a swimmer in front of you, please tap their foot so they can stop at the wall or move to the far right of the lane for you to pass.
 - 6.) In the case of two swimmers, they can split the lane, or agree to circle swim.
Split lane: Swim back and forth on one side of the lane only. “splitting” the lane between you. Preference goes to the first swimmer in the lane
 - 7.) In case of three swimmers, circle swim is encouraged.
Circle Swim: Like driving: always swim on the right-hand side of the lane. Always keep oncoming swimmers (in your lane) on your left-hand side.
- If unwilling to share a lane when asked, you may be asked to leave the pool area, and may return when a lane is vacant.
 - A minimum of 1 lane will be available throughout the day. Lap lanes are first come first serve.
 - The Lifeguard has ultimate discretion over the pool area and can adjust usage as needed.

Open / Recreation Swim: During scheduled Open/ Recreation Swim times, 3 lanes will be available for self-paced individual water exercise and recreation swim for all ages. Three lanes will also be available for Lap Swim. Children 12 years and under need to be actively supervised by an adult at all times. Active supervision is defined as paying close and constant attention to the child, free of other distractions.

Swim Lessons: During scheduled Swim Lesson times, 4 lanes will be allotted to use of Swim Lesson Classes. Additional lanes may be reallocated based on the # of classes taking place at one time.

Private Swim Lessons / Lifeguard Training/ Special Circumstances: Lanes may be assigned for programming that does not appear on the published schedule. Such areas will be clearly marked with signage on the deck with at least 30 min. prior notice to the time the lane(s) would be used.

Water Aerobics: Water Aerobic Classes will be allotted at least 2 Lanes during scheduled class times. Additional lanes will be allotted based on # of participants at class’s scheduled start time.

- Allotment Ratios:
- 8 or fewer class participants = 2 lanes
 - 9-15 class participants = 3 lanes
 - 16-24 class participants = 4 lanes
 - 25-30 class participants = 5 lanes

Water Aerobics Rules:

- 1.) All Classes have a maximum capacity of 30 participants
- 2.) A wrist band is required for class entry and will be handed out at the front desk 30 minutes before the class begins.
- 3.) Front desk will not issue wrist bands once the class begins.
- 4.) Participants may not receive bands for multiple classes in advance.
- 5.) Once all bands have been issued, no more participants will be admitted due to safety and pool capacity constraints.
- 6.) No participants will be allowed to enter the class 5 minutes after it has begun nor will lane lines be moved after class begins.
- 7.) Each class will automatically receive 2 lane lines and will be adjusted based on Lap Swimmer and Water Aerobics participants.
- 8.) The lifeguard has ultimate discretion over the pool area and can adjust lane usage as needed.