

Clay Madsen Recreation Center Pool Schedule: Summer 2015

(Effective 6/1/2015)

	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		Aqua S-Wet (3 lanes) 5:30-6:20am		Aqua S-Wet (3 lanes) 5:30-6:20am				
5:30 AM										
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		Lap Swim 7:30-8:50am		
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM		D.A.F. 8:30-9:20am		D.A.F. 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		Adaptive Aquatics Swim Program 9:00-10:20am		
9:30 AM										
10:00 AM										
10:30 AM	Lap Swim 10:30-11:50	Lap Swim 10:30am-5:50pm	Aqua Energizer 10:30-11:20am	Lap Swim 10:30am-1:20pm	Aqua Energizer 10:30-11:20am	Lap Swim 10:30-2:50pm	Lap Swim 10:30-11:50am			
11:00 AM										
11:30 AM			Lap Swim 11:30am-12:50pm				Lap Swim 11:30am-12:50pm			
12:00 PM										
12:30 PM	Open Swim 12:00-2:50pm				Camp Swim 1:00-2:50pm			Camp Swim 1:00-2:50pm		Open Swim 12:00-2:50pm
1:00 PM										
1:30 PM							Aqua Yoga 1:30pm-2:30pm			
2:00 PM										
2:30 PM										
3:00 PM									Open Swim 3:00-3:50pm	Lap Swim 3:00-6:30pm
3:30 PM	Lap Swim 3:00-5:30pm		Lap Swim 3:00-5:50pm	Lap Swim 2:40pm-5:50pm	Lap Swim 3:00-5:50pm					
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM		Aqua Power 6:00-6:50pm	Aqua Zumba 6:00-6:50pm	Aqua Tabata 6:00-6:50pm	Aqua Zumba 6:00-6:50pm	Lap Swim 4:00-8:30pm				
6:30 PM										
7:00 PM										
7:30 PM			Aqua Power 7:00-7:50pm		Aqua Power 7:00-7:50pm					
8:00 PM		Lap Swim 7:00-9:30pm	Lap Swim 8:00-9:30pm	Lap Swim 7:00-9:30pm	Lap Swim 8:00-9:30pm					
8:30 PM										
8:30 PM										
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 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.