

Clay Madsen Recreation Center Pool Schedule: Summer 2016

(Effective May 31-September 5, 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 5:30-6:20am		Aqua S-Wet 5:30-6:20am		Aqua S-Wet 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 9:00-11:50am
9:30 AM								
10:00 AM	Lap Swim 10:30-11:50am	Aqua Core 10:30-11:20am	Aqua Energizer 10:30-11:20am	Aqua Core 10:30-11:20am	Aqua Energizer 10:30-11:20am			
10:30 AM		Lap Swim 11:30am-5:50pm	Lap Swim 11:30am-12:50pm	Lap Swim 11:30am-5:50pm	Lap Swim 11:30am-12:50pm	Lap Swim 10:30-2:50pm	Open Swim 12:00-2:50pm	
11:00 AM								
11:30 AM	Open Swim 12:00-2:50pm		Camp Swim 1:00-2:50pm		Camp Swim 1:00-2:50pm			Camp Swim 1:00-2:50pm
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM	Lap Swim 3:00-5:30pm		Lap Swim 3:00-5:50pm	Lap Swim 3:00-5:50pm	Lap Swim 3:00-5:50pm	Lap Swim 3:00-6:30pm		
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
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 Boot Camp 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		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 7:00-9:30pm	Lap Swim 8:00-9:30pm			
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 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.