

### Clay Madsen Recreation Center Pool Schedule: Winter/Spring 2015 (Effective 1/20/2015)

	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							
5:30 AM		Aqua S-Wet (3 lanes)		Aqua S-Wet (3 lanes)		Aqua S-Wet (3 lanes)	
6:00 AM							
6:30 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM		D.A.F.		D.A.F.			
9:00 AM							
9:30 AM		Aqua Fit	Aqua Tone	Aqua Fit	Aqua Tone	Aqua Fit	Swim Lessons (3 lanes)
10:00 AM							
10:30 AM	Lap Swim		Aqua Energizer		Aqua Energizer		
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM						Lap Swim	
1:00 PM	Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Open Swim
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM						Open Swim	
3:30 PM							
4:00 PM	Lap Swim						
4:30 PM		Swim Lessons (2 lanes)	Swim Lessons (2 lanes)	Swim Lessons (2 lanes)	Swim Lessons (2 lanes)		Lap Swim
5:00 PM							
5:30 PM							
6:00 PM		Aqua Power	Aqua Zumba	Aqua Tabata	Aqua Zumba	Lap Swim	
6:30 PM							
7:00 PM			Aqua Power	Swim Lessons (2 lanes)	Aqua Power		
7:30 PM							
8:00 PM		Lap Swim		Lap Swim	Lap Swim		
8:30 PM			Lap Swim		Lap Swim		
9:00 PM							
9:30 PM							
10:00 PM							

Schedule is subject to change. Please refer to Fall-Winter-Spring 2014-2015 Program Guide for specific Swim Lesson dates.

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.