CMRC POOL SCHEDULE

MONDAY, SEPTEMBER 1ST – SUNDAY, SEPTEMBER 27TH

MONDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 9:30PM
Lap Swim

September 8th & 22nd
10:30AM – 12:30PM
CMRC In-Service

4:00PM – 6:00PM
Swim Lessons

September 1st
LABOR DAY
CMRC CLOSED

TUESDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 3:00PM
Lap Swim
3:00PM – 3:50PM
GRPX Water Aerobics
4:00PM – 9:30PM
Lap Swim

5:00PM – 6:00PM
PARD Program

WEDNESDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 9:30PM
Lap Swim

THURSDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:15AM
GRPX Water Aerobics
10:30AM – 3:00PM
Lap Swim
3:00PM – 3:50PM
GRPX Water Aerobics
6:30PM – 9:30PM
Lap Swim

5:00PM – 6:00PM
PARD Program

FRIDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 8:30PM
Lap Swim

September 12th & 26th
2:00PM – 4:00PM
CMRC In-Service

SATURDAY

7:30AM – 10AM
Lap Swim
10AM – 6:30PM
Open/Lap Swim

9:00AM – 11:00AM
Swim Lessons

SUNDAY

10:30AM – 5:30PM
Open/Lap Swim

PARD programming has priority of the pool at anytime, with or without notice.
CMRC accommodates PARD programming camps during Fall, Winter, Spring, and Summer Breaks.
Lap Swim hours may change during these weeks.

ROUND ROCK TEXAS
8/1/25

CMRC POOL SCHEDULE

MONDAY, SEPTEMBER 28TH – SUNDAY, OCTOBER 5TH

MONDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 9:30PM
Lap Swim

4:00PM – 6:00PM
Swim Lessons

TUESDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 3:00PM
Lap Swim
3:00PM – 3:50PM
GRPX Water Aerobics
4:00PM – 9:30PM
Lap Swim

5:00PM – 6:00PM
PARD Program

WEDNESDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 9:30PM
Lap Swim

THURSDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:15AM
GRPX Water Aerobics
10:30AM – 3:00PM
Lap Swim
3:00PM – 3:50PM
GRPX Water Aerobics
6:30PM – 9:30PM
Lap Swim

5:00PM – 6:00PM
PARD Program

FRIDAY

5:30AM – 8:30AM
Lap Swim
8:30AM – 10:20AM
GRPX Water Aerobics
10:30AM – 8:30PM
Lap Swim

SATURDAY

7:30AM – 10AM
Lap Swim
10AM – 6:30PM
Open/Lap Swim

9:00AM – 1:00PM
Swim Lessons

SUNDAY

10:30AM – 5:30PM
Open/Lap Swim

PARD programming has priority of the pool at anytime, with or without notice.
CMRC accommodates PARD programming camps during Fall, Winter, Spring, and Summer Breaks.
Lap Swim hours may change during these weeks.

ROUND ROCK TEXAS
8/1/25

CMRC POOL SCHEDULE

CMRC Pool Rules

1. The pool is for lap swimming, scheduled programs, and open swim in accordance with the pool schedule.
2. Proper swim attire is mandatory to utilize the pool. Proper swim attire is defined as articles of clothing made of material design for use in the water.
3. No diving allowed.
4. Only plastic resealable drink containers are permitted.
5. No food allowed.
6. All flotation devices must be U.S. Coast Guard approved.
7. All individuals must always follow the directions of the CMRC Lifeguards.

Lap Swim Rules

1. Lanes will be available for continuous lap swimming, lap jogging, or water walking during scheduled lap swim hours.
2. Up to 3 swimmers can share a lane.
3. Before entering the pool, please inform other swimmers that you will be joining the lane, and discuss how to share the lane: Split Lane or Circle Swim
   a. Split Lane: swim back and forth on one side of the lane only.
   b. Circle Swim: is like driving, always stay on the right-hand side of the lane, and oncoming swimmers will be on the left-hand side of the lane.
      i. If you need to pass a swimmer, tap their foot so they may stop at the wall, or move to the far right of the lane for you to pass.

GRPX Water Aerobics Rules

1. A wristband is required to enter the class.
2. Wristbands will be handed out at the Front Desk, 30 minutes before the class start time.
3. 5 mins after the class start time, wristbands will not be handed out or when class capacity has been reached, due to safety and pool capacity constraints.
4. Participants cannot receive bands for multiple classes in advance. Participants can sign up on the wish list to take an additional class, it is not a guarantee.

Age Policy

Lap Swim
- Children 11 years of age and under may NOT utilize the pool during lap swim.
- Children 12 years of age MUST be actively supervised by a parent or guardian at all times. To utilize the pool during lap swim the child MUST be accompanied by a parent or guardian in the water, or passes a swim test conducted by a CMRC lifeguard.

Open/Recreation Swim
- Children 6 years of age and under MUST be actively supervised, and always within arm reach of a parent or guardian.
- Children 7 to 12 years of age MUST be actively supervised by a parent or guardian at all times. To utilize the pool during lap swim the child MUST be accompanied by a parent or guardian in the water, or passes a swim test conducted by a CMRC lifeguard.
- Individuals 13 and older may use the pool unsupervised.

Lane Allocation Policy

During scheduled programs and peak times, there will be limited lane availability for Lap swim.

Lap Swim
- 1 lap lane will be available for Lap Swim during GRPX water aerobics and swim lessons.
- 3 lap lanes will be available for Lap Swim during scheduled open/recreation swim times.

Open/Recreation Swim
- 3 lap lanes will be utilized for open/recreation swimming during open/recreation times.
- Swim Lessons
- 4 lap lanes will be utilized for swimming lessons. Additional lanes may be reallocated based on the number of classes.

GRPX Water Aerobics
- Based on the number of participants, will determine the number of lanes allocated for GRPX Water Aerobics.
- Number of Participants Number of Lanes
  - 8 or fewer participants: 2 Lanes
  - 9 – 12 participants: 3 lanes
  - 13 – 15 participants: 4 lanes
  - 16 or more participants: 5 lanes

Private Swim Lessons/Lifeguard Training/Special Circumstances
- Lanes may be utilized for programming not on the pool schedule.
- Lanes will be marked, and signage posted prior to utilization of the lanes.