



dFall CRC Pool Schedule

August 18 – December 31, 2008

(Note: Number of Lanes in parenthesis indicates the number of lap lanes open)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Lap Swim:</i> 8am-5:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 5am-7am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-8:30am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-7am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-8:30am (3 lap lanes Open)	<i>Lap Swim:</i> 5am-7am (3 lap lanes Open)	<i>Lap Swim:</i> 6:30am-7:30am (3 lap lanes Open)
Rec Swim: 12pm-5pm (Slide Open)	Beginner Sculpt: 7am-8am (1 lap lane Open)	Beginner Sculpt: 8:30am-9:30am (1 lap lane Open)	Beginner Sculpt: 7am-8am (2) (1 lap lane Open)	Beginner Sculpt: 8:30am-9:30am (1 lap lane Open)	Beginner Sculpt: 7am-8am (1 lap lane Open)	Shallow Tone: 8am-9am (1 lap lane Open)
	<i>Lap Swim:</i> 8am-11:45am (3 lap lanes Open)	<i>Lap Swim:</i> 9:30am-11:45am (3 lap lanes Open)	<i>Lap Swim:</i> 8am-11:45am (3 lap lanes Open)	<i>Lap Swim:</i> 9:30am-11:45am (3 lap lanes Open)	<i>Lap Swim:</i> 8am-11:45am (3 lap lanes Open)	Swim Lessons: 9am-11:30am (2 lap lanes Open)
	Swim Lessons: 10am-12:15pm (2 lap lanes Open)	Swim Lessons: 10am-12:15pm (2 lap lanes Open)	Swim Lessons: 10am-12:15pm (2 lap lanes Open)	Swim Lessons: 10am-12:15pm (2 lap lanes Open)		
	Shallow Tone: 11:45am-12:45pm (0 lap lanes)	Fluid Yoga: 11:45am-12:45pm (1 lap lanes)	Shallow Tone: 11:45am-12:45pm (0 lap lanes)	Fluid Yoga: 11:45am-12:45pm (1 lap lanes)	Shallow Tone: 11:45am-12:45pm (0 lap lanes)	<i>Lap Swim:</i> 11am-7:30pm (3 lap lanes Open)
	<i>Lap Swim:</i> 12:45pm-3:45pm (3 lap lanes Open)	<i>Lap Swim:</i> 12:45pm-3:45pm (3 lap lanes Open)	<i>Lap Swim:</i> 12:45pm-3:45pm (3 lap lanes Open)	<i>Lap Swim:</i> 12:45pm-3:45pm (3 lap lanes Open)	<i>Lap Swim:</i> 12:45pm-9:30pm (3 lap lanes Open)	Rec Swim: 12pm-6pm (Slide Open)
	Rec Swim: 1pm-3pm	Rec Swim: 1pm-3pm	Rec Swim: 1pm-3pm	Rec Swim: 1pm-3pm	Rec Swim: 1pm-8pm (Slide Open 4-8pm)	
	Swim Lessons: 3:45pm-6pm (2 lap lanes Open)	Swim Lessons: 3:45pm-6pm (2 lap lanes Open)	Swim Lessons: 3:45pm-6pm (2 lap lanes Open)	Swim Lessons: 3:45pm-6pm (2 lap lanes Open)		
	<i>Lap Swim:</i> 6pm-7pm (3 lap lanes Open)	<i>Lap Swim:</i> 6pm-7pm (3 lap lanes Open)	<i>Lap Swim:</i> 6pm-7pm (3 lap lanes Open)	<i>Lap Swim:</i> 6pm-7pm (3 lap lanes Open)		
	Rec Swim: 5:30pm-7pm	Rec Swim: 5:30pm-7pm	Rec Swim: 5:30pm-7pm	Rec Swim: 5:30pm-7pm		
	Shallow Tone: 7pm-8pm (0 lap lanes)	Shallow Tone: 7pm-8pm (0 lap lanes)	Shallow Tone: 7pm-8pm (0 lap lanes)	Shallow Tone: 7pm-8pm (0 lap lanes)		
	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)	<i>Lap Swim:</i> 8pm-9:30pm (3 lap lanes Open)		



Fall Aquatics Center Schedule

August 18 – December 31, 2008

(Note: Lap Swim is only at designated times at the Aquatics Center)

Pool Program Descriptions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Lap Swim:</i> 5am-8am (10 lap lanes Open)	<i>Lap Swim:</i> 5am-8am (10 lap lanes Open)	<i>Lap Swim:</i> 5am-8am (10 lap lanes Open)	<i>Lap Swim:</i> 5am-8am (10 lap lanes Open)	<i>Lap Swim:</i> 5am-8am (10 lap lanes Open)	<i>Lap Swim:</i> 7am-10am (10 lap lanes Open)
	Shallow Tone: 8am-9am (Inst. Pool)		Shallow Tone: 8am-9am (Inst. Pool)		Shallow Tone: 8am-9am (Inst. Pool)	
	Deep H2o Dynamics: 11am-12pm (Comp. Pool)		Deep H2o Dynamics: 11am-12pm (Comp. Pool)		Deep H2o Dynamics: 11am-12pm (Comp. Pool)	
	<i>Lap Swim:</i> 11:30am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11:30am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11:30am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11:30am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11:30am-1:30pm (10 lap lanes Open)	
	Youth Fun & Fit: 4pm-5pm (Comp. Pool)	Youth Fun & Fit: 4pm-5pm (Comp. Pool)	Youth Fun & Fit: 4pm-5pm (Comp. Pool)	Youth Fun & Fit: 4pm-5pm (Comp. Pool)		
	<i>Lap Swim:</i> 5:00pm-6:45pm (6 lap lanes Open)	Deep H2o Dynamics: 5:15pm-6:15pm (Comp. Pool)	<i>Lap Swim:</i> 5:00pm-6:45pm (6 lap lanes Open)	Deep H2o Dynamics: 5:15pm-6:15pm (Comp. Pool)	<i>Lap Swim:</i> 5:00pm-6:45pm (6 lap lanes Open)	
	Shallow Tone: 6pm-7pm (Inst. Pool)	Shallow Tone: 6pm-7pm (Inst. Pool)	Shallow Tone: 6pm-7pm (Inst. Pool)	Shallow Tone: 6pm-7pm (Inst. Pool)		

Lap Swim – The CRC Pool has a maximum of 3, 20 yard lanes for lap swim use. The Aquatics Center Competition Pool has a maximum of 17, 25 yard lanes, available for member use. Note: On a limited basis the Competition Pool may be setup Long Course with up to 4, 50 meter lanes for lap swim use.

Shallow Tone – This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or shoes are recommended.

Beginner Sculpt – A gentle cardiovascular and muscle toning class geared for the novice participant. Aqua socks or shoes are recommended.

Fluid Yoga – Experience a blend of Yoga and Ai Chi (Tai Chi in the water) movements in the fluid environment of the pool. This class is a blend of strength and flexibility movements. It is especially beneficial for anyone desiring to increase their range of motion and improve their balance.

Deep H2O Dynamics – This class is designed for the more proficient swimmers and is taught in 7ft. of water. Deep Aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

Recreation Swim – Available year round at the CRC Pool and is available at the Aquatics Center during the Summer months. Children 10 or under must be accompanied by a responsible person over the age of 16.

Youth Fun & Fit – Youth fitness class available on a pre-registration basis.

NOTE: Lap swim and Aqua Fitness classes are for participants age 13 and up. Youth under the age of 13 may participate in programs if accompanied by a parent of legal guardian in the water.