

Warm Water Pool Schedule

All Warm Pool Classes are 45 to 60 minutes unless otherwise noted

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:00am	Water Wakeup Connie ~6:30am~	Jamin' Jamie ~6:30am~	Water Wakeup Connie ~6:30am~	Jamin' Jamie ~6:30am~	Water Wakeup Connie ~6:30am~	8:30am	Shimmin' n Shakin' <i>Drew/Jody</i>	
7:30am	Aqua Core Judy			Aqua Core Judy		9:45am	CRC Aquatics Judy Registration required!	
8:45am		Aqua Zumba® <i>Hilary</i>						
9:00am	CMC Physical Therapy	Arthritis Aquatics <i>Hilary</i> ~9:25~	CMC Physical Therapy	Arthritis Aquatics <i>Hilary</i> ~9:35~	CMC Physical Therapy			
10:15am	Aqua Easy <i>Doreen</i>	Aqua Easy <i>Doreen</i>	Aqua Easy <i>Doreen</i>	Aqua Zumba® <i>Hilary</i>	Aqua Easy <i>Marisa</i>			
11:15am	CMC Physical Therapy		CMC Physical Therapy		CMC Physical Therapy			
12:15pm			Aqua Zumba® <i>Hilary</i> 12:15pm					
2:30pm	CMC Physical Therapy	Oldies in the Afternoon <i>Diane</i>	CMC Physical Therapy		CMC Physical Therapy			
4:15pm	CMC Physical Therapy		CMC Physical Therapy					
5:30pm	Aqua Zumba® Mark ~6:00pm~	Aqua Dance <i>Nicole</i>	Shimmin' n Shakin' <i>Drew/Jody</i> ~6:00pm~	Aqua Dance <i>Nicole</i>				
7:00pm to 8:30pm	Total Immersion Swim Mastery <i>Level 2*</i>	Total Immersion 6:30- 8:00 pm <i>Level 1*</i>	Total Immersion Swim Strokes Clinic 7:00 - 8:00 pm	Total Immersion 6:30-8:00 pm <i>Level 1*</i>				

Lap Pool Schedule

See Front Desk for Information and Pricing for Lap Pool Classes and Programs

6:00am to 7:00am		CLT Swim Program starts May 15th FEE/SIGN-UP						
11:00am to 12:30pm		Total Immersion Swim Mastery <i>Kaizen Advanced</i>						
7:00pm to 8:30pm	Total Immersion Swim Mastery <i>Level 2*</i>	Total Immersion 6:30- 8:00 pm <i>Level 1*</i>	Total Immersion Swim Strokes Clinic 7:00 - 8:00 pm	Total Immersion 6:30-8:00 pm <i>Level 1*</i>				

*Note: The Total Immersion Level 1 & 2 class will split time between the warm water and lap pools. Check start dates at front desk for series.

Please note: During CMC Physical Therapy class times, members will still have access to the deep end of the Warm Pool, the Lap pool and Whirlpool spa. During Warm Pool Classes, the warm pool may be CLOSED at the discretion of the instructor. Please be courteous while using warm pool during PT and Class times. During Lap Pool class times, at least 1 lane will remain open to swimmers. Circle swimming required when lap pool is busy.