

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

**Lap Pool Schedule**

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

7:00am to 8:00am								
11:00am to 12:30pm		Total Immersion Swim Mastery Kaizen						
7:00pm to 8:30pm	Total Immersion Swim Mastery Level 2*	Total Immersion Swim Mastery Level 1*	Total Immersion Swim Mastery Level 1*	Total Immersion Swim Mastery Strokes				

\*Note: The Total Immersion Level 1 & 2 class will split time between the warm water and lap pools.

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.