

# SEPTEMBER 2017 AQUATICS PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>During aquatic programming there will be two lap lanes available for lap swimming. During swim lessons we will be using one lane in the lap pool and there will be limited availability in the small pool from 9:00 a.m.-10:05 a.m. and 4:00 p.m.-6:15p.m.</b></p>				<p>1. <b>12:00 p.m.-1:00 p.m.</b> Shallow water aerobics <b>5:45p.m.-7:30 p.m.:</b> <b>Family Fun Night</b> Nonmembers: \$10 per family.</p>	<p>2/3. <b>Saturdays:</b> <b>5:00 p.m.-6:45p.m.</b> Family Open Swim Non-members \$10 per family <b>CRC CYCLING CHALLENGE SUNDAY 9/3</b> <b>Sundays: 5:00 p.m.-6:45p.m.</b> <b>Family Open Swim</b> Non-members:\$10 per family</p>
<p>4. <b>Labor Day: CRC Open</b> <b>7:00 a.m.-3:00 p.m.</b> <b>Pool Open 7:00 a.m.-2:45p.m.</b>  <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3</p>	<p>5. <b>10:30 a.m.-11:30 a.m.</b> Shallow Water Aerobics</p>	<p>6. <b>5:00 p.m.-6:00 p.m.</b> Shallow water aerobics</p>	<p>7. <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3 <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members:\$10 per family</p>	<p>8. <b>12:00 p.m.-1:00 p.m.</b> Shallow water aerobics <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members: \$10 per family</p>	<p>9/10. <b>LIFEGUARD RECERTIFICATION CLASS</b> <b>SATURDAY 9/9 9:00 a.m.-5:00 p.m.</b> <b>Saturdays:</b> <b>5:00 p.m.-6:45p.m.</b> Family Open Swim Non-members \$10 per family <b>Sundays: 5:00 p.m.-6:45p.m.</b> <b>Family Open Swim</b> Non-members:\$10 per family</p>
<p>11. <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3</p>	<p>12. <b>10:30 a.m.-11:30 a.m.</b> Shallow Water Aerobics</p>	<p>13. <b>5:00 p.m.-6:00 p.m.</b> Shallow water aerobics</p>	<p>14. <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3 <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members:\$10 per family</p>	<p>15. <b>12:00 p.m.-1:00 p.m.</b> Shallow water aerobics <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members: \$10 per family</p>	<p>16/17. <b>Pool Party Saturday 9/16: 1:00 p.m.-4:00p.m.</b> <b>Saturdays:</b> <b>5:00 p.m.-6:45p.m.</b> Family Open Swim Non-members \$10 per family <b>Sundays: 5:00 p.m.-6:45p.m.</b> <b>Family Open Swim</b> Non-members:\$10 per family</p>
<p>18. <b>9:00 a.m.-10:05 a.m.</b> Swim Lessons <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3 <b>4:00 p.m.-6:30 p.m.</b> Swim Lessons</p>	<p>19. <b>10:30 a.m.-11:30 a.m.</b> Shallow Water Aerobics</p>	<p>20. <b>8:30 a.m.-9:30 a.m.</b> Adult Swim Lessons <b>5:00 p.m.-6:00 p.m.</b> Shallow water aerobics</p>	<p>21. <b>9:00 a.m.-10:05 a.m.</b> Swim Lessons <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3 <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members \$10 per family</p>	<p>22. <b>12:00 p.m.-1:00 p.m.</b> Shallow water aerobics <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members: \$10 per family</p>	<p>23/24. <b>Saturdays:</b> <b>5:00 p.m.-6:45p.m.</b> Family Open Swim Non-members:\$10 per family <b>Sundays: 5:00 p.m.-6:45p.m.</b> <b>Family Open Swim</b> Non-members: \$10 per family</p>
<p>25. <b>9:00 a.m.-10:05 a.m.</b> Swim Lessons <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3 <b>4:00 p.m.-6:30 p.m.</b> Swim Lessons</p>	<p>26. <b>10:30 a.m.-11:30 a.m.</b> Shallow Water Aerobics</p>	<p>27. <b>8:30 a.m.-9:30 a.m.</b> Adult Swim Lessons <b>5:00 p.m.-6:00 p.m.</b> Shallow water aerobics</p>	<p>28. <b>9:00 a.m.-10:05 a.m.</b> Swim Lessons <b>10:30 a.m.-11:45a.m.</b> Deep water buoyancy and cardio ball. \$3 <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members:\$10 per family</p>	<p>29. <b>12:00 p.m.-1:00 p.m.</b> Shallow water aerobics <b>6:00 p.m.-7:45p.m.</b> Family Open Swim Non-members :\$10 per family</p>	<p>30. <b>Saturdays:</b> <b>5:00 p.m.-6:45p.m.</b> Family Open Swim Non-members \$10 per family <b>Sundays: 5:00 p.m.-6:45p.m.</b> <b>Family Open Swim</b> Non-members \$10 per family</p>



