

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1. CRC CLOSED NEW YEAR'S DAY	2. 10:30a.m.-11:30a.m. Shallow Water Aerobics	3. 4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. Family Open Swim Non-members \$10 per family	4. 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	5. 8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Practice	6/7.
8. 9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 4:00p.m.-6:30p.m. Youth Swim Lessons	9. 10:30a.m.-11:30a.m. Shallow Water Aerobics	10. 4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. -Family Open Swim Non-members: \$10 per family	11. 9:00 a.m.-10:00 a.m. Adult and Child Swim 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	12. 8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Practice	13/14. Saturdays 8:30 a.m.-9:00 a.m. Triathlon Training 9:00 a.m. - 11:15 a.m. Group Swim Lessons
15. 9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 NO SWIM LESSONS MARTIN LUTHER KING DAY	16. 10:30a.m.-11:30a.m. Shallow Water Aerobics	17. 4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. -Family Open Swim Non-members:\$10 per family	18. 9:00 a.m.-10:00 a.m. Adult and Child Swim 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	19. 8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Practice	20/21. Saturdays 9:00 a.m. - 11:15 a.m. Group Swim Lessons
22. 9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 4:00p.m.-6:30p.m. Youth Swim Lessons	23. 10:30a.m.-11:30a.m. Shallow Water Aerobics	24. 4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	25. 9:00 a.m.-10:00 a.m. Adult and Child Swim 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	26. 8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Practice	27/28. Saturdays 9:00 a.m. - 11:15 a.m. Group Swim Lessons
29. 9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 4:00p.m.-6:30p.m. Youth Swim Lessons	30. 10:30a.m.-11:30a.m. Shallow Water Aerobics	31. 4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	JANUARY 2018 AQUATICS SCHEDULE		
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 .During swim club we will be using three lanes from 5:00 p.m.-6:00 p.m.					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SIGN UP FOR A SLOT FOR THE WINTER FITNESS CHALLENGE OFFERED FEBRUARY 15-28TH. SEE HOW FAR YOU CAN SWIM IN 30 MINUTES TIME.			YOUTH SWIMATHON FEBRUARY 9TH 5:00P.M.-6:00P.M.		
			1.	2.	3/4.
			9:00 a.m.-10:00 a.m. Adult and Child Swim 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members:\$10 per family	8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Practice	Saturdays 8:30 a.m.-9:00 a.m. Triathlon Training 9:00 a.m. - 11:15 a.m. Group Swim Lessons
5.	6.	7.	8.	9.	10/11.
9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 4:00p.m.-6:30p.m. Youth Swim Lessons	10:30a.m.-11:30a.m. Shallow Water Aerobics	4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	9:00 a.m.-10:00 a.m. Adult and Child Swim 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members:\$10 per family	8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Swimathon	Saturdays 8:30 a.m.-9:00 a.m. Triathlon Training 9:00 a.m.- 11:15 a.m. Group Swim Lessons LIFEGUARD RECERTIFICATION CLASS 9:00AM-5:00PM
12.	13.	14.	15.	16.	17/18.
9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 4:00p.m.-6:30p.m. Youth Swim Lessons	10:30a.m.-11:30a.m. Shallow Water Aerobics	4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	9:00 a.m.-10:00 a.m. Adult and Child Swim 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members:\$10 per family Winter Fitness Challenge Begins	8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Practice	Saturdays 8:30 a.m.-9:00 a.m. Triathlon Training 9:00 a.m.- 11:15 a.m. Group Swim Lessons
19.	20.	21.	22.	23.	24/25.
9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 NO SWIM LESSONS PRESIDENT'S DAY	10:30a.m.-11:30a.m. Shallow Water Aerobics	4:00p.m.-5:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Travel Team Practice 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	9:00 a.m.-10:00 a.m. Adult and Child Swim 10:30a.m.-11:45a.m. Deep Water Buoyancy and Cardio Ball. \$3 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family	8:00a.m.-9:00a.m. Swim for Fitness 10:30a.m.-11:30a.m. Advanced Deep Water Buoyancy \$3. 12:00p.m.-1:00p.m. Shallow Water Aerobics 5:00p.m.-6:00p.m. Youth Swim Club Practice	Saturdays 9:00 a.m. - 11:15 a.m. Group Swim Lessons
26.	27.	28.	FEBRUARY 2018 AQUATICS SCHEDULE		
9:00a.m.-10:00a.m. Shallow Water Aerobics 10:30a.m.-11:45a.m. Deep water Buoyancy and Cardio Ball. \$3 4:00p.m.-6:30p.m. Youth Swim Lessons	10:30a.m.-11:30a.m. Shallow Water Aerobics 4:00p.m.-5:00p.m. Lifeguard Preparatory Class	4:00p.m.-5:00p.m. Shallow Water Aerobics 6:00p.m.-7:45p.m. Family Open Swim Non-members: \$10 per family Winter Fitness Challenge Ends.	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 .During swim club we will be using three lanes from 5:00 p.m.-6:00 p.m.		

