

Crossroads Pool Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00	Lap Swim 5am-8:55am	Lap Swim 5am-8:45pm	Lap Swim 5am-8:55am	Lap Swim 5am-10am	Lap Swim 5am-8:55am					
6:00										
7:00										
8:00										
9:00										
9:00	Aqua SURGE 9:00-9:45 Patti		HYDRO-FIT 9:00-9:45 Mary		Hydro F.I.R.E. 9:00-9:45 Patti					
10:00							Organized Lap Swim 9:30-11:00			
10:00	Lap Swim 10am-8:45pm		Lap Swim 10am-8:45pm	CLOSED FOR CLEANING 10am-11:00am	Lap Swim 10am-8:45pm					
11:00										
12:00										
1:00										
2:00										
3:00						Lap Swim 11am-8:45pm	1 lane lap swim	Open Swim 1pm-5pm	1 lane lap swim	Open Swim 1pm-5pm
4:00							Open Swim 3:30-4:30			
4:30										
5:00				1 lane lap swim			Open Swim 4:30-5:30			
5:30		1 lane lap swim		Open Swim 5:30-6:30						
6:30										
7:00	Lap Swim		Lap Swim	1 lane lap swim	Open Swim 6:30-8:45		1 lane lap swim		Open Swim 6:30-8:45	
8:00										
8:30										
9:00		Pool closes 8:45pm		Pool closes 8:45pm			Pool closes 8:45pm			
						Pool closes 6:45pm	Pool closes 6:45pm			

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Pool Hours:

Monday – Friday: 5am to 8:45pm

Saturday & Sunday: 7am to 6:45pm

RULES TO SWIM BY

- No lap lanes are available during Hydro Classes.
- Swim at your own risk, no lifeguard on duty.
- Schedule is subject to change.
- Please respect lap swimmers during lap swim times.
- Open swim is for families, recreational. 1 LANE AVAILABLE FOR LAP SWIM.
- No children under the age of 14 years are allowed in the pool without adult supervision.
- Please do not sit or pull on the lap lanes as this can stretch and break them.

Pool Classes:

Monday 9:00-9:45am: Aqua SURGE: Feel the surge of power in water! An exhilarating workout that offers a high intensity cardio workout and light toning. Resistance equipment is used to target all muscle groups.

Wednesday 9:00-9:45am: Hydro-Fit Class. Water exercise is all about **moving water and creating resistance to get an effective non-impact workout.** Hydro-fit is a full body workout that will lengthen and strengthen your muscles, build your cardio endurance, as well as increase your mobility.

Friday 9:00-9:45am: Hydro F.I.R.E. The name speaks for itself in this *Fusion, Interval, Resistance, Endurance*, class! No impact, constant resistance work, and so much fun!

Triathlon/Organized lap swim

A structured swim workout with specific swimming drills, workouts, and race strategies to help you swim faster and more efficiently. Everyone welcome!