

Crossroads Pool Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
5:00	Lap Swim 5am-8:55am	Lap Swim 5am	Lap Swim 5am-8:55am	Lap Swim 5am-1pm	Lap Swim 5am-8:55am										
6:00															
7:00															
8:00															
9:00															
9:00	<i>Aqua CR-Fusion</i> 9:00-10:00 Whitney		Hydro class 9:00-9:45 Mary		Hydro F.I.R.E. 9:00-10:00 Patti										
10:00	Lap Swim 10am	Lap Swim	Lap Swim 10am		Lap Swim 10am										
11:00															
12:00															
1:00								1-2:00 PM CLOSED FOR CLEANING							
2:00												1 lane lap swim	Open Swim 1pm-5pm	1 lane lap swim	Open Swim 1pm-5pm
3:00												1 lane lap swim	Open Swim 3:30-4:30		
4:00															
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			Lap Swim												
7:00	Lap Swim			1 lane lap swim	Open Swim 6:30-8:45	1 lane lap swim	Open Swim 6:30-8:45	Lap Swim	Lap Swim						
8:00															
8:30															
9:00				Pool closes 8:45pm	Pool closes 8:45pm	Pool closes 8:45pm	Pool closes 8:45 pm			Pool closes 8:45 pm	Pool close 8:45 pm	Pool closes 8:45 pm	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 and swim lessons. 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 9:00-10:00am: Aqua CR-Fusion/Zumba, dance to the beat of the music in the water! Aqua CR-Fusion blends modern dance and music together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, you will have so much fun you will forget you are working out.

Wednesday 9:00-10:00am: This class combines a cardio segment with strength and flexibility. A typical class consists of a warm-up to increase the heart rate and cardio workout.

Friday 9:00-10:00am-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.

Returning in September!