



# Crossroads Pool Schedule

## 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. Everyone welcome!