CHRC FALL INDOOR LAP SWIM POOL SCHEDULE

EFFECTIVE SEPTEMBER 3, 2024	INDOOR RACE POOL	INDOOR DIVE TANK	INDOOR SPECIALTY POOL	SAUNA & HOT TUB
MONDAY	5AM-3PM 6PM-8:30PM (AT LEAST 2 LANES)	5AM-6:50AM	5AM-8:50AM 10AM-3:50PM	5AM-8:30PM
TUESDAY	5AM-3PM 6PM-8:30PM (AT LEAST 2 LANES)	5AM-6:50AM	5AM-8:50AM 12PM-3:50PM	5AM-8:30PM
WEDNESDAY	5AM-3PM 6PM-8:30PM (AT LEAST 2 LANES)	5AM-5:50AM	5AM-8:50AM 10AM-3:50PM	5AM-8:30PM
THURSDAY	5AM-3PM 6PM-8:30PM (AT LEAST 2 LANES)	5AM-6:50AM	5AM-8:50AM 12PM-3:50PM	5AM-8:30PM
FRIDAY	5AM-3PM 6PM-8:30PM (AT LEAST 2 LANES)	5AM-6:50AM	5AM-8:50AM 11AM-2:30PM 6PM-8:30PM	5AM-8:30PM
SATURDAY	6AM-6PM (2 LANES FROM 6AM-8AM)	6AM-8:50AM	6AM-8:50AM	6AM - 6PM
SUNDAY	11AM-3:30PM	OPEN PLUNGE	OPEN PLUNGE	11AM-3:30PM

Our pools are for multiple uses. Activities include: water fitness, swim teams, lessons, water polo, and specialty programs that may restrict lane availability.

Lanes need to be shared if there are more swimmers than lanes available.

If there are three or more per lane, circle swimming must be done (stay to the right).

Swimmers must be at least 14 years of age to be in the lap lanes.

Youth swimmers (under 14 years old) must be able to swim 50 yards of a strong stroke, or get approval from a Supervisor to swim.

Appropriate swimwear, regardless of gender or age, must be worn at all times. No thongs or "t-backs". Anyone who is not potty-trained must wear a swim diaper & plastic pants (can be purchased here). Children 5 years of age and under must be within arms reach of a parent or chaperone, age 14 or older, while in the pool. Children under 8 must not be left unattended in the pool areas. No glassware is permitted in the aquatics areas. No alcohol or smoking is permitted anywhere on the premises. Swim at your own risk.

QUESTIONS?
AUDREY DURFEE
MANAGER, AQUATICS DEPARTMENT
801-943-3190 EXT. 116
AUDREY@COTTONWOODHEIGHTS.COM

BEGINNING MONDAY SEPTEMBER 23 FROM 5AM-6:30AM THERE WILL BE TWO LAP LANES AVAILABLE IN THE INDOOR RACE POOL.