

CHRC SUMMER OUTDOOR LAP SWIM POOL SCHEDULE

COTTONWOODHEIGHTS.COM/AQUATICS

2024	OUTDOOR RACE POOL	OUTDOOR DIVE TANK NO LANE LINES	INDOOR SAUNA & HOT TUB
MONDAY	LONG COURSE: 6AM-9:50AM (2 LANES) SHORT COURSE: 10:30AM-11:30AM 12PM-8PM (3 LANES FROM 4PM-6PM)	6AM-6:50AM 8AM-8:50AM	5AM - 8PM
TUESDAY	LONG COURSE: 6AM-9:50AM (2 LANES) SHORT COURSE: 10:30AM-11:30AM & 12PM-8PM	6AM-6:50AM 8AM-8:50AM	5AM - 8PM
WEDNESDAY	LONG COURSE: 6AM-9:50AM (2 LANES) SHORT COURSE: 10:30AM-11:30AM 12PM-8PM (3 LANES FROM 4PM-6PM)	6AM-6:50AM 8AM-8:50AM	5AM - 8PM
THURSDAY	LONG COURSE: 6AM-9:50AM (2 LANES) SHORT COURSE: 10:30AM-11:30AM & 12PM-8PM	6AM-6:50AM 8AM-8:50AM	5AM - 8PM
FRIDAY	LONG COURSE: 6AM-9:50AM (2 LANES) SHORT COURSE: 10:30AM-11:30AM & 12PM-7PM	6AM-6:50AM 8AM-8:50AM 10AM-11:30AM	5AM - 6PM
SATURDAY	LONG COURSE: 6AM-10AM (2 LANES FROM 6AM-8AM) SHORT COURSE: 12PM-7PM	6AM-10AM	6AM - 3PM
SUNDAY	SHORT COURSE: 11AM-4PM	OPEN PLUNGE 11AM-4PM	CLOSED

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.

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

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.