

# Lap Swim

## WHEN & WHERE CAN YOU LAP SWIM/WATER WALK?

**SCHEDULE EFFECTIVE TUESDAY MARCH 7, 2023**

SCHEDULE SUBJECT TO CHANGE PLEASE CHECK THE WEBSITE FOR UPDATES

For the Lap Swim page go to <https://www.cottonwoodheights.com/aquatics/laps>

### INDOOR RACE POOL (at least 2 lanes)

**Monday-Thursday:** 5am-7:55am, 10am-12:45pm, 6pm-8:30pm

**Friday:** 5am-1pm, 6pm-8:30pm

**Saturday:** 6am-4pm

**Sunday:** 11am-3:30pm

### INDOOR SPECIALTY POOL

**Monday:** 5am-8:55am, 1-2:50pm

**Tuesday:** 5am-8:55am, 11am-2:50pm

**Wednesday:** 5am-7:55am, 1-2:50pm

**Thursday:** 5am-8:55am, 10am-11am, 12pm-2:50pm

**Friday:** 5am-8:55am, 11am-2:50pm

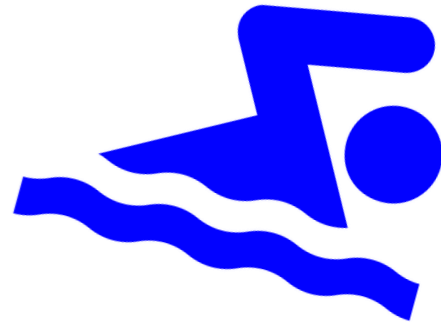
**Saturday:** 6am-8:55am

### INDOOR DIVE TANK (diving boards not available)

**Monday-Thursday:** 5am-7am, 10am-11am

**Friday:** 5am-7am, 8am-11am, 12pm-1pm

**Saturday:** 6am-8am



### HOT TUB & SAUNA HOURS

Monday-Friday: 5am-8:30pm

Saturday: 6am-4pm

Sunday: 11am-3:30pm

To receive weekly pool updates email [Audrey@cottonwoodheights.com](mailto:Audrey@cottonwoodheights.com)

Our pools are for multiple uses. Facility programs may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If 2 or more swimmers need to share a lane, circle swimming must be used. Swimmers must be at least 14 years of age to be in the lap lanes. (Note: children under the age of 14 may use the lap lanes with the Site Supervisor's approval. However they must be actively swimming laps the entire time.)