

# Lap Swimming

## FALL 2020

### Outdoor Racing Pool

Mon.- Fri. :7am-2:30pm  
(5 short course lanes available)  
Mon.-Thurs. :7pm-7:45pm  
(5 short course lanes available)  
Sat. : 8am-10:30am  
(5 short course lanes available )

### Outdoor Diving Pool

Mon.- Fri.: 8am-11am  
\*\* 12:30-2:30pm\*\*  
\*\*Lane lines will not be in\*\*  
\*\*Schedule subject to change.\*\*

### Indoor Specialty Pool

Mon. - Fri. : 5am-9am  
Tues. & Thurs. : 11am-2pm  
\*\*Lane lines will not be in\*\*  
Sat. : 6am-9am

### Indoor Racing Pool

Mon. -Thurs. 5am-7:55am  
11am-12:45pm  
\*\* 6pm-8:30pm \*\*  
\*\*2 lanes available\*\*  
Friday : 5am-8am  
11:30am - 1:15pm  
Saturday : 6am -11:30am

Whirlpool and Sauna are closed due to current health guidelines

Our pools are for multiple uses. Activities including: water aerobics, swim teams, lessons, rentals, and specialty 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.) There are at least 2 lanes available in the indoor racing pool during evening open plunge hours.

#### Public Swimming Rates

Member (any level)	No charge
Non-member Adult	\$5.50
Non-Member Senior (age 62+)	\$4.50
Non-Member Youth (ages 3-17)	\$4.50
Children 2 & Under	Free

(September 8, 2020 through September 27, 2020)

# Open Plunge

## FALL 2020

### Outdoor Pools

(Not available for private rental)  
**Saturday & Sunday**  
11am– 4pm  
(September 12, 13, 19, 20, 26 & 27)

### Indoor Specialty Pool

Mon. & Wed. : 6pm-8:30pm  
Tues. & Thurs. : 7pm-8:30pm  
Fri. : 12-4pm &  
6pm–8:30pm  
Sat. : 4pm-8pm

### Indoor Diving Pool

Mon.-Thurs. : 6pm-8:30pm  
Fri.: 6pm-8:30pm

### Indoor Racing Pool

Mon.-Thurs. : 7pm-9pm

### Indoor Splash Zone

Mon. & Wed. : 11am-2pm &  
6pm-8:30pm  
Tues. & Thurs. : 6 pm-8:30pm  
Fri. : 10am-4pm

Whirlpool and Sauna are closed due to current health guidelines

### Indoor Splash Zone Party Room

The party room is available for rental by the hour during regular pool hours. Cost is \$20.00/hour plus pool admission with a maximum of 15 people. Private rentals also available during off-pool hours by contacting Marcie at 943-3190 ext.116 or email [marcie@cottonwoodheights.com](mailto:marcie@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.