

Lap Swimming

FALL 2021

Outdoor Racing Pool

Closes October 15th

Mon. - Fri. : 10am-2pm
(10 short course lanes available)

Mon. -Thurs. : 6pm-7pm
(10 short course lanes available)

Outdoor Diving Pool

Mon. - Fri. : 10am-2pm

Lane lines will not be in the
Diving tank.

Schedule subject to change.

Whirlpool and Sauna

Mon. - Thurs. : 5am-8:30pm

Friday : 5am-6pm

Sat. : 6am-8pm

Sun. : 11am-3:30pm

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

Indoor Specialty Pool

Mon. - Fri. : 5am-9am

12pm-2pm

Tues. & Thurs. **11am-2pm**

Sat. : 6am-9am

Lane lines will not be in

Indoor Racing Pool

Mon. – Thurs. 5am-2pm &
6pm-8:30pm (2 lanes available)

Friday : 5am-2pm

Sat. : 6am –8pm

(at least 2 lanes available)

Sun. : 11am-3:30pm

(at least 2 lanes available)

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.

Cottonwood Heights Recreation Center

801.943.3190

7500 S. 2700 E. Cottonwood Heights, Ut 84121

cottonwoodheights.com

Open Plunge

FALL 2021

Indoor Specialty Pool

Mon. & Wed. : 6pm-8:30pm
Tues. & Thurs. : 7pm-8:30pm
Fri. : N/A
Sat. : 12pm-8pm
Sun. : 11am-3:30pm

Indoor Diving Pool

Mon.-Thurs. : 7pm-8:30pm
Fri. : N/A
Sat. : 12-8pm
Sun. : 11am-3:30pm

Whirlpool and Sauna

Mon. - Thurs. : 5am-8:30pm
Friday : 5am-6pm
Sat. : 6am-8pm
Sun. : 11am-3:30pm

Indoor Racing Pool

Sat. : 12-8pm
Sun. : 11am-3:30pm

Indoor Splash Zone **

Mon. - Thurs. : 6pm-8:30pm
Friday: N/A
Sat. : 12-8pm
Sun. : 11am-3:30pm

We will begin construction to replace the Splash Zone Toy soon. Check the website for updates. Splash zone will be closed during construction

Indoor Splash Zone Party Room

The party room is currently not available during construction.

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.