

Lap Swimming

WINTER 2021

Indoor Racing Pool

Mon. –Thurs. : 5am-7:55am,
11am-12:45pm,
6pm-8:30pm (2 lane lines only)
Friday : 5am–8am,
11:30am - 1:15pm, 6-8:30 pm
Sat. : 6am-11:30am
Sun. : 11am-3:30pm

*Hot Tub and Sauna
are closed due to
current health
guidelines*

Indoor Specialty Pool

Mon. - Thurs : 5am-9am
Fri.: 5 am-8:30 am
Tues. & Thurs. :11am–2pm
(No lane lines)
Sat. : 6am-9am

Our pools are for multiple uses. Activities including: water aerobics, swim teams, lessons, water polo, & 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 14yrs old) must be able to swim 50 yards of a strong stroke, or get approval from a Site supervisor to swim. Email marcie@cottonwoodheights.com to be added to the Lap swimming email list.

Public Swimming Rates

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|------------------------------|-----------|
| 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 |

Cottonwood Heights Recreation Center

801.943.3190

7500 S. 2700 E. Cottonwood Heights, Ut 84121

cottonwoodheights.com

Open Plunge

WINTER 2021

Indoor Specialty Pool

Mon. & Wed. : 12pm–2pm,
6pm-8:30pm
Tues. & Thurs. : 7pm-8:30pm,
Fri. : 12-4pm,
6pm–8:30pm
Sat. : 12pm-8pm
Sun. : 11am-3:30pm

Indoor Splash Zone

Mon. & Wed. : 11am-2pm &
6pm-8:30pm
Tues. & Thurs. : 6 pm-8:30pm
Fri. : 11 am-4pm,
6-8:30pm
Sat. : 12-8pm
Sun.: 11am-3:30pm

Indoor Racing Pool

Mon.-Fri. : 7pm-8:30pm
Sat. : 12-8pm
Sun. : 11am-3:30pm

Indoor Diving Pool

Mon.-Fri. : 7pm-8:30pm
Sat. : 12-8pm
Sun.: 11am-3:30pm

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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 10 people.

Private rentals are available during off-pool hours by contacting Marcie at (801)943-3190 ext.116 or email 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.