

Mt. Auburn

Warm Water Indoor Pool

FALL 2024 ~ SEPTEMBER 30th- NOVEMBER 27TH

TIME	MON	TUE	WED	THU	FRI	SAT	
8:00 AM							
8:30 AM							
9:00 AM	Water Exercise 9:00-10:00	Open/Lap Swim 9:00-12:15	Water Exercise 9:00-10:00	Aqua Stretch 9:00-9:30	Water Exercise 9:00-10:00		Tr-Adapted AQ 9:00-12:00
9:30 AM					Swim Lessons P&C-10:15-10:45 L1- 10:45-11:15 L2- 11:15-11:45	Open/Lap Swim 10:00-12:15	
10:00 AM	Open/Lap Swim 10:00-12:15		Open/Lap Swim 9:30-12:15				
10:30 AM							
11:00 AM	Open/Lap Swim 10:00-12:15		Open/Lap Swim 10:00-12:15	Open/Lap Swim 9:30-12:15			
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Swim Lessons L1- 4:15-4:45 L2- 4:50-5:20 L3- 5:25-5:55	TR-Adapted AQ 4:30-7:00	Swim Lessons L1- 4:15-4:45 L2- 4:50-5:20 L3- 5:25-5:55	Open/Family Swim 4:00-7:00	Pre- Lifeguarding 4:00-7:00	Open/Family Swim 4:00-6:00	
4:30 PM							
5:00 PM	Water Exercise 6:00-7:00			Water Exercise 6:00-7:00			Kayak Skills 6:00pm - 8:00pm (Oct. 4 - Nov. 8)
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Open Swim 7:00-9:00	Open Swim 7:00-9:00	Open Swim 7:00-9:00	Pre- Lifeguarding 7:00-9:00	Swim Lessons Adult- 7:00-7:45 L3/4- 7:00-7:45		
7:30 PM							
8:00 PM	Pre- Lifeguarding 7:00-9:00						
8:30 PM							
9:00 PM							

- Pool Membership or Daily User fee required for entry.
- Participation in pool classes/ programs requires membership
- Class fees due in advance
- Not open on Holidays
- Schedule subject to change

- ADDRESS- 2034 Young St. 45219
- INFORMATION- CRC Aquatics office 513-357-POOL(7665)
- POOL PHONE- 513-381-6780
- CRC WEBSITE- cincyrec.org for information, class registration and to purchase pool memberships

Cincinnati Recreation Commission

<p>Group Swim Lessons</p> <p>PARENT & CHILD LESSONS: FEE: \$40 per child + child membership Ages 6 mos.-3 yrs old: 1 child to 1 Adult in the water</p> <p>Friday – 10:15am – 10:45am Session 1 – October 4 - November 22</p>	<p>(No classes 10/31 & 11/11)</p> <p>LEVEL 1, 2 & 3 SWIM LESSONS: FEE: \$40 per student + membership Ages 4 years - 14 years old</p> <p>Monday/Wednesday – Level 1 4:15pm-4:45pm Level 2 4:50pm-5:20pm Level 3 5:25pm-5:55pm</p> <ul style="list-style-type: none"> • Session 1- September 30 - October 23 • Session 2- October 28 - November 20 <p>Fridays (1 day a week) Level 1 10:45am-11:15am</p>	<p>LEVEL 3/4 & ADULT LESSONS: FEE: \$40 per student + membership Ages 4 years-14 years ~ Adult 18+</p> <p>Thursday – 7:00-7:45pm • Session 1- October 3 - November 21</p>												
<p>Open, Lap, Family Swim</p> <p>Children under 12 must be accompanied by an adult. Ages 7 and younger must always swim with an adult within arm's reach. Open to All Ages</p>	<p>September 30th - November 27th</p> <table border="0"> <tr> <td>Mon, Wed, Fri</td> <td>10:00am - 12:15pm</td> <td>Mon, Tues, Wed</td> <td>7:00pm - 9:00pm</td> </tr> <tr> <td>Tues, Thur</td> <td>9:00am - 12:15pm</td> <td>Thur</td> <td>4:00pm -7:00pm</td> </tr> <tr> <td></td> <td>9:30am - 12:15pm</td> <td>Fri</td> <td>4:00pm -6:00pm</td> </tr> </table>	Mon, Wed, Fri	10:00am - 12:15pm	Mon, Tues, Wed	7:00pm - 9:00pm	Tues, Thur	9:00am - 12:15pm	Thur	4:00pm -7:00pm		9:30am - 12:15pm	Fri	4:00pm -6:00pm	<p>Membership or daily fee required for all swimmers</p>
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Tues, Thur	9:00am - 12:15pm	Thur	4:00pm -7:00pm											
	9:30am - 12:15pm	Fri	4:00pm -6:00pm											
<p>Water Exercise/Aqua Stretch</p> <p>An aerobic water workout designed to get your heart pumping. Your first class is free, so come and try it!</p> <p>Aqua Stretch targets the muscles with a gentel stretch improving flexibility and posture and</p>	<p>September 30th - November 27th (No class 11/11)</p> <table border="0"> <tr> <td>Mon, Wed, Fri</td> <td>9:00am - 10:00am</td> <td>Instructor: M. Smith</td> </tr> <tr> <td>Mon, Wed</td> <td>6:00pm - 7:00pm</td> <td>Instructor: B. Phillips</td> </tr> <tr> <td>Thur</td> <td>9:00am - 9:30am</td> <td>Instructor: C. Venuto</td> </tr> </table>	Mon, Wed, Fri	9:00am - 10:00am	Instructor: M. Smith	Mon, Wed	6:00pm - 7:00pm	Instructor: B. Phillips	Thur	9:00am - 9:30am	Instructor: C. Venuto	<p>\$5 /1 class, \$40 /10 classes, \$72 /20 Classes</p> <p><i>Membership Required</i></p>			
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<p>Pre-Lifeguard Classes</p> <p>Pre-Lifeguard Classes teach and refine swimming skills in preparation for American Red Cross Lifeguard Training Courses. Get prepared now for a summer job with CRC! See cincyrec.org for Lifeguard Course Schedule. Ages 14 years & older. Adults & Seniors welcome!</p>	<p>November 4th - December 19th (No class 11/11)</p> <table border="0"> <tr> <td>Mon, Wed</td> <td>7:00pm - 9:00pm</td> </tr> <tr> <td>Thurs</td> <td>4:00pm - 7:00pm</td> </tr> </table>	Mon, Wed	7:00pm - 9:00pm	Thurs	4:00pm - 7:00pm	<p>Free Instruction</p>								
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Thurs	4:00pm - 7:00pm													
<p>Adapted Aquatics</p> <ul style="list-style-type: none"> • Session 1- OCTOBER 1 - NOVEMBER 9 	<table border="0"> <tr> <td>Tues</td> <td>4:30pm - 6:45pm</td> </tr> <tr> <td>Sat</td> <td>9:00am - 12:00pm</td> </tr> </table>	Tues	4:30pm - 6:45pm	Sat	9:00am - 12:00pm									
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Individualized swim and water safety lessons include all ability levels by incorporating American Red Cross swim progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Call 513-352-4013 for more information and specific class times.

Please visit www.cincyrec.org for more information